



## Mini Skillet Meatloaf & Brussels Sprouts

with Roasted Potatoes



30-40min



2 Servings

These mini meatloaf patties are bursting with savory goodness thanks to Worcestershire sauce and smoked paprika. Grated onion mixed in with the ground beef makes for moist and juicy patties. Dijon mustard mixed in with ketchup makes for a sweet sauce with a little bite. Our favorite part? When the potatoes and Brussels sprouts soak up the meat juices, still sizzling from the pan.



## What we send

- 2 potatoes
- ½ lb Brussels sprouts
- ¼ oz smoked paprika
- 1 yellow onion
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>2</sup>
- 1½ oz pkt Worcestershire sauce <sup>3</sup>
- 3 (¼ oz) Dijon mustard

## What you need

- olive oil
- kosher salt & ground pepper
- 1 large egg <sup>1</sup>
- ketchup

## Tools

- rimmed baking sheet
- box grater
- large nonstick skillet

## Allergens

Egg (1), Wheat (2), Fish (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 870kcal, Fat 36g, Carbs 83g, Protein 43g



## THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

### 1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**; cut into ½-inch thick wedges. Trim ends from **Brussels sprouts**; halve or quarter. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil, 1 teaspoon each salt and smoked paprika**, and **a few grinds of pepper**. In a medium bowl, toss Brussels with **2 teaspoons oil**; season with **salt** and **pepper**.



### 4. Form patties & make sauce

Divide **meatloaf mixture** into 4 equal portions. Form each portion into a flat, 4-inch patty. In a small bowl, mix to combine **2 tablespoons ketchup** and **remaining Dijon**.



### 2. Roast potatoes

Roast **potatoes** on bottom oven rack until almost tender, 12-18 minutes.



### 5. Finish roasting veggies

Remove **potatoes** from oven, stir, and scatter **Brussels sprouts** over top. Return vegetables to bottom rack and continue roasting until tender and browned in spots, 12-15 minutes more.



### 3. Mix meatloaf

Meanwhile, coarsely grate **¼ cup onion** into a large bowl. To same bowl, add **ground beef, panko, Worcestershire, 1 large egg, 1¼ teaspoons Dijon** (save rest for step 4), **1 teaspoon salt, ½ teaspoon smoked paprika**, and **a few grinds of pepper**. Knead to combine.



### 6. Cook patties & serve

Meanwhile, heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add **patties** and cook until well browned and cooked through, 2-3 minutes each side (reduce heat if browning too quickly). Remove from skillet and top with **ketchup-Dijon sauce**. Serve patties with **potatoes** and **Brussels sprouts** alongside. Enjoy!