



## French Onion Beef Meatloaf

with Cauliflower Mash & Peas



30-40min



2 Servings

We're taking a comfort food classic to new heights thanks to a soup-er fun flavor mash-up—meatloaf and French onion soup. Individual grass-fed ground beef meatloaves cook up in half the time as one large loaf and soak up a savory caramelized onion broth, complete with melted fontina. But what do we love most about this flavorful meal? It's low carb! Instead of a potato side, we swap in rustic cauliflower and pea mash.



## What we send

- 1 yellow onion
- 1 pkt beef broth concentrate
- 10 oz pkg grass-fed ground beef
- 1 pkt Dijon mustard <sup>17</sup>
- ¼ oz steak seasoning
- 1 oz panko <sup>1</sup>
- 12 oz cauliflower rice
- 5 oz peas
- 2 oz shredded fontina <sup>7</sup>
- garlic

## What you need

- butter <sup>7</sup>
- kosher salt & ground pepper
- neutral oil
- all-purpose flour <sup>1</sup>
- 1 large egg <sup>3</sup>

## Tools

- medium saucepan
- medium ovenproof skillet

## Allergens

Wheat (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 850kcal, Fat 53g, Carbs 39g, Protein 48g



### 1. Brown onions

Preheat oven to 450°F with a rack in the upper third. Halve and thinly slice **all of the onion** through the root end. Melt **1 tablespoon butter** in a medium saucepan over medium-high heat. Add onions and season with **salt** and **pepper**. Reduce heat to medium. Cook, stirring occasionally, until onions are golden brown, about 12 minutes. (Add **a drizzle of oil** if saucepan seems dry.)



### 2. Make onion gravy

Stir **2 teaspoons flour** into **onions**; cook, about 1 minute more. Add **beef broth concentrate** and **1 cup water**. Bring to a boil. Cook until liquid is the consistency of thin gravy, about 4 minutes. Season to taste with **salt** and **pepper**. Transfer onion gravy to a medium bowl; set aside until step 6. Wipe out saucepan and reserve for step 5.



### 3. Make meatloaf mixture

Meanwhile, finely chop **1 teaspoon garlic**. In a medium bowl, combine **ground beef, garlic, Dijon mustard, all of the steak seasoning, ¼ cup panko, ½ teaspoon salt**, and **1 large egg**. Knead gently to combine.



### 4. Bake meatloaves

In a medium ovenproof skillet, form **meatloaf mixture** into 2 (5-inch long) oval patties. Bake on upper oven rack until firm to the touch and reach 160°F internally, about 20 minutes. Remove from oven, then carefully spoon off any accumulated fat.



### 5. Make cauliflower mash

Heat **1 tablespoon oil** in reserved saucepan over medium-high. Add **cauliflower rice** and cook until just tender, 3-4 minutes. Add **½ cup water** and season with **salt** and **pepper**. Cover and bring to boil. Stir in **peas** and cook, covered, until vegetables are just tender, 2-3 minutes. Off heat, add **1 tablespoon butter**; coarsely mash. Season to taste with **salt** and **pepper**.



### 6. Finish & serve

Switch oven to broil. Spoon **onion gravy** over **meatloaves**, then top with **half of the fontina** (save rest for own use). Broil on upper oven rack until gravy is bubbling and cheese is melted, 2-3 minutes (watch closely as broilers vary). Serve **meatloaf and gravy** with **cauliflower mash** alongside. Enjoy!