

# DINNERLY



## Glazed Meatloaf with Mashed Potatoes, Gravy & Broccoli



30-40min



2 Servings

We've never met a meatloaf we didn't like. But, of course we all have our favorites. These juicy, individual-sized loaves, smothered in caramelized ketchup, may be even better than Mom's (but, we'd never tell!). And, with roasted broccoli, buttery mashed potatoes, and creamy gravy served alongside, we've got all of your comforts covered!

## WHAT WE SEND

- 2 potatoes
- 10 oz pkg grass-fed ground beef
- 2 oz panko <sup>2</sup>
- ½ lb broccoli
- 1 pkt turkey broth concentrate

## WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- 1 large egg <sup>1</sup>
- olive oil
- ketchup
- all-purpose flour <sup>2</sup>
- butter <sup>3</sup>

## TOOLS

- medium saucepan
- rimmed baking sheet
- small skillet
- potato masher or fork

## COOKING TIP

Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

## ALLERGENS

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

## NUTRITION PER SERVING

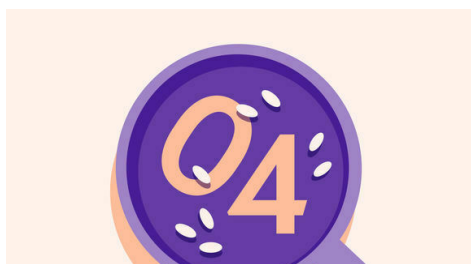
Calories 860kcal, Fat 44g, Carbs 77g, Protein 41g



### 1. Cook potatoes

Preheat oven to 450°F with a rack in the upper third.

Peel **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan. Add enough **salted water** to cover by 1-inch. Cover and bring to a boil. Cook, uncovered, until tender when pierced with a fork, about 10 minutes. Reserve **⅓ cup cooking water**. Drain and return potatoes to saucepan. Cover to keep warm off heat until step 5.



### 4. Make gravy

Meanwhile, in a liquid measuring cup, stir to combine **broth concentrate**, **⅔ cup water**, and **2 teaspoons flour**. Heat **remaining ½ teaspoon chopped garlic** and **2 teaspoons oil** in a small skillet over medium-high until sizzling, about 1 minute. Add **broth mixture** and bring to a simmer; cook, stirring, until **gravy** is slightly thickened and reduced to ½ cup, 5–6 minutes.



### 2. Prep ingredients

Finely chop **1 teaspoon garlic**.

In a medium bowl, add **beef**, **½ cup panko**, **1 large egg**, **½ teaspoon each of chopped garlic and salt**, and **a few grinds of pepper**; stir or knead to combine. Form into 2 (5-inch) meatloaves.



### 5. Finish & serve

Return saucepan with **potatoes** to medium heat; add **2 tablespoons butter** and **reserved cooking water**. Mash with potato masher or fork until smooth; season to taste with **salt** and **pepper**.

Serve **glazed meatloaves** with **broccoli** and **mashed potatoes** alongside. Spoon **gravy** over top. Enjoy!



### 3. Bake meatloaves

Cut **broccoli** into 1-inch florets, if necessary. Transfer to a rimmed baking sheet; toss with **1 tablespoon oil** and **a pinch each of salt and pepper**.

Add **meatloaves** to baking sheet; spread **1 tablespoon ketchup** over each. Bake on upper rack until meatloaves reach 160°F internally and broccoli is browned, about 15 minutes (see cooking tip!).



### 6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are ⅓ lower when cooking with meal kits.