

MARLEY SPOON



Easy Prep! Chicken Parm Meatloaf with Broccoli Salad

 30-40min  2 Servings

Two ultimate comfort foods collide into one irresistible mash-up of juicy meatloaf and cheesy chicken Parm. Italian chicken sausage is the savory star of the individual loaves that we top with marinara, fontina cheese, and Parmesan breadcrumbs and then bake to a gooey-crispy bubbly brown. A fresh salad of slivered raw broccoli and roasted red peppers brings another twist on a classic veggie side to this new old-school dinner.

What we send

- 1 yellow onion
- ½ lb uncased Italian chicken sausage
- 1 oz panko ²
- ¼ oz granulated garlic
- 8 oz marinara sauce
- ½ lb broccoli
- 4 oz roasted red peppers
- ¼ oz fresh parsley
- ¾ oz Parmesan ³
- 2 oz shredded fontina ³

What you need

- olive oil
- red wine vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- 1 large egg ¹
- 1 Tbsp melted butter ³

Tools

- rimmed baking sheet
- aluminium foil
- microplane or grater
- microwave

Cooking tip

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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 760kcal, Fat 45g, Carbs 48g, Protein 46g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Line a rimmed baking sheet with foil and lightly grease with **oil**.

Halve and very thinly slice **onion**, then finely chop 2 tablespoons. Add **sliced onions** to a medium bowl. Toss with **2 tablespoons oil, 2 teaspoons vinegar, ½ teaspoon sugar, and a pinch each of salt and pepper**; set aside.



4. Finish meatloaves

When **meatloaves** have cooked for 15 minutes, remove from oven. Sprinkle **fontina** over top, then sprinkle with **Parmesan breadcrumbs**. Return to oven and continue to bake until cheese is melted, breadcrumbs are golden, and meatloaves are cooked through to 165°F internally, 7-10 minutes more.



2. Make meatloaves

Transfer **chicken sausage** to a medium bowl. Add **chopped onions, half of the panko, ¼ teaspoon granulated garlic, 1 large egg, ½ teaspoon salt, and a few grinds of pepper**; knead to combine. Divide into 2 ovals. Transfer to prepared baking sheet. Spoon **all but ¼ cup marinara** evenly over top.

Bake on upper oven rack for 15 minutes.



5. Make salad

Transfer **broccoli** to bowl with **sliced onions**; toss and squeeze with hands to soften. Stir in **roasted red peppers**. Season to taste with **salt and pepper**.

Add **remaining marinara sauce** to a bowl and cover with a damp paper towel; microwave until warmed through, 1-2 minutes.



3. Prep salad & breadcrumbs

Meanwhile, very thinly slice **broccoli stems and florets**. Cut **roasted red peppers** into strips, if necessary. Pick **parsley leaves** from stems and finely chop; discard stems.

Finely grate **Parmesan** into a small bowl. Add **remaining panko, 1 tablespoon each of parsley and melted butter, and a pinch each of salt and pepper**; toss to combine.



6. Finish & serve

Serve **chicken Parm meatloaves** with **broccoli salad** and **marinara sauce** alongside. Sprinkle with **remaining parsley**. Enjoy!