

# DINNERLY



## Low-Carb Meatloaf with Roasted Veggies

Developed by Our Registered Dietitian



30-40min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. How do you make a meatloaf low carb, you ask? By tossing out those breadcrumbs and swapping in ground flax seed! Not only do you get to chow down on a classic comforting meatloaf, you can also thank the flax seed for a dose of healthy fats, fiber, and antioxidants. We've got you covered!

### WHAT WE SEND

- 1 yellow onion
- 1 carrot
- ½ lb green beans
- 10 oz pkg grass-fed ground beef
- 2 (¼ oz) ground flax seeds
- ¼ oz steak seasoning

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- 1 large egg <sup>3</sup>
- ketchup

### TOOLS

- rimmed baking sheet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 630kcal, Fat 42g, Carbs 32g, Protein 35g



#### 1. Prep veggies

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

Halve and thinly slice **onion**; finely chop ¼ cup and set aside for step 2. Scrub **carrot**; slice on an angle into ½-inch rounds. Trim stem ends from **green beans**.

Toss veggies on prepared baking sheet with **2 tablespoons oil**; season with **salt** and **pepper**.



#### 2. Bake veggies & mix loaves

Roast **veggies** on upper oven rack until starting to soften and brown in spots, about 10 minutes.

Meanwhile, in a medium bowl, combine **beef**, **all of the ground flax seeds**, **chopped onions**, **steak seasoning**, **1 large egg**, **½ teaspoon salt**, and **a few grinds of pepper**; mix well. Shape into 2 (5-inch) meatloaves.



#### 3. Bake meatloaves & serve

Nestle **meatloaves** onto baking sheet with **veggies**, then spread **1 tablespoon ketchup** over each. Bake on upper oven rack until meatloaves reach 160°F internally and veggies are tender and charred in spots, about 15 minutes.

Serve **meatloaf** with **roasted veggies** alongside. Enjoy!



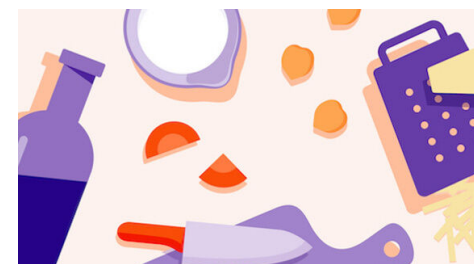
#### 4. ...

What were you expecting, more steps?



#### 5. ...

You're not gonna find them here!



#### 6. ...

Kick back, relax, and enjoy your Dinnerly!