

DINNERLY



Springtime! Glazed Meatloaf with Roasted Asparagus & Potatoes

 2h  2 Servings

Gone are the days of the sad cafeteria meatloaf. If you give it some flair, meatloaf can be so much more! We infuse our beef mixture with tamari and poultry seasonings for major flavor. But the real star of the show is the sweet & sour glaze. Tuck that supremely glazed meatloaf in with heaps of potatoes and asparagus and you've got an all-star version of a meaty classic. We've got you covered! (2p serves 4; 4p serves 8)

WHAT WE SEND

- 2 oz panko ¹
- 4 Yukon gold potatoes
- 1 lb asparagus
- 1 yellow onion
- 2 (10 oz) pkgs grass-fed ground beef
- ½ oz tamari soy sauce ⁶
- ¼ oz poultry seasoning
- 2 oz sweet & sour sauce ⁶

WHAT YOU NEED

- ½ cup milk or water
- kosher salt & ground pepper
- large egg ³
- olive oil

TOOLS

- 8x4-inch loaf pan
- nonstick cooking spray
- rimmed baking sheet
- aluminium foil
- box grater

COOKING TIP

If you don't have a loaf pan, form the meatloaf mixture into a 8x4-inch loaf directly onto the rimmed baking sheet.

ALLERGENS

Wheat (1), Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 680kcal, Fat 28g, Carbs 63g, Protein 38g



1. Prep ingredients

Preheat oven to 350°F with a rack in the center. Grease an 8x4-inch loaf pan with nonstick spray. Line a rimmed baking sheet with aluminum foil.

In a large bowl, combine **panko** and ½ cup **milk or water**. Soak until liquid is absorbed, about 5 minutes. Scrub **potatoes**; cut into 1-inch pieces. Trim tough woody ends from **asparagus**, then cut into 1½-inch pieces.



4. Continue baking

Stir **potatoes**; continue baking until potatoes are tender and **meatloaf** is nearly cooked through (center of meatloaf should register 145°F), 25–30 minutes. Switch oven to broil on high.

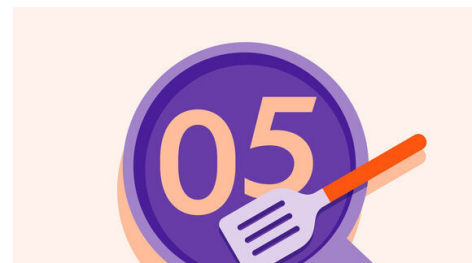
In a large bowl, toss **asparagus** with 1 **tablespoon oil**; season with **salt** and **pepper**. Transfer to baking sheet around meatloaf.



2. Mix meatloaf

Coarsely grate **onion** on the large holes of a box grater.

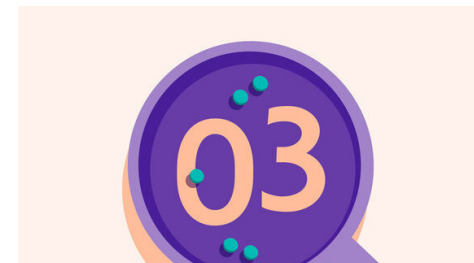
To **panko mixture**, add **beef**, **grated onion**, **tamari**, 1 **teaspoon salt**, 1 **large egg**, and 1 **teaspoon each of poultry seasoning and pepper**; mix until well combined. Transfer mixture to prepared loaf pan, pressing to pack tightly.



5. Glaze

Brush **half of the sweet & sour sauce** over **meatloaf**. Broil on center rack until sauce begins to brown in spots, about 5 minutes.

Brush **meatloaf** with **remaining sweet & sour sauce**; stir **vegetables**. Continue broiling until sauce is again beginning to brown, meatloaf is cooked through, and vegetables are browned in spots, another 5–10 minutes (watch closely as broilers vary).



3. Bake meatloaf

Invert loaf pan with **meatloaf** in the center of prepared baking sheet; keep pan on top of meatloaf.

In a large bowl, toss **potatoes** with 2 **tablespoons oil** and 1 **teaspoon poultry seasoning**; season with **salt** and **pepper**. Arrange around meatloaf. Bake on center rack for 20 minutes. Lift and remove loaf pan from meatloaf.



6. Finish & serve

Remove **meatloaf** from oven and rest for at least 10 minutes. Cut into slices and serve with **roasted vegetables**. Enjoy!