

MARLEY SPOON



BBQ Meatloaf

with Mashed Sweet Potatoes & Broccoli



30-40min



2 Servings

This meatloaf is comfort on a plate—pure and simple. And thanks to the sweet and tangy barbecue sauce that coats each miniature loaf, it's a real crowd-pleaser. It's served with crisp-tender roasted broccoli, and what else? Creamy mashed potatoes, of course. These ones are made with sweet potatoes, for a new spin on an old favorite.

What we send

- 1 sweet potato
- 1 yellow onion
- ½ lb broccoli
- 10 oz pkg grass-fed ground beef
- 1 oz panko ⁴
- ¼ oz BBQ spice blend
- 1½ oz pkt Worcestershire sauce ²
- 2 (1 oz) sour cream ³
- garlic

What you need

- kosher salt & ground pepper
- 1 large egg ¹
- neutral oil
- ¼ c ketchup
- butter ³

Tools

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

Cooking tip

If your broiler has multiple settings, set it to high heat during step 5.

Allergens

Egg (1), Fish (2), Milk (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 850kcal, Fat 42g, Carbs 66g, Protein 40g



1. Cook potatoes

Preheat oven to 450°F with a rack in the upper third. Peel **sweet potato**, then cut into 1-inch pieces. Place in a medium saucepan. Add enough **salted water** to cover by 1 inch. Cover; bring to a boil. Reduce heat to medium; cook, uncovered, until tender when pierced with a fork, about 8 minutes. Reserve **¼ cup cooking water**. Drain and return sweet potatoes to saucepan. Cover to keep warm.



4. Bake meatloaves & veggies

On a rimmed baking sheet, toss **broccoli** and **onions** with **1 tablespoon oil**, then season with **salt** and **pepper**.

Shape **meatloaf mixture** into 2 ovals, then transfer to baking sheet with vegetables. Bake on upper oven rack until meatloaves are cooked to 160°F internally and veggies are tender, about 15 minutes.



2. Prep ingredients

Meanwhile, finely chop **2 teaspoons garlic**.

Halve **onion**, then cut into ½-inch thick wedges through the core.

Cut **broccoli** into 1-inch florets, if necessary.



5. Broil meatloaves

In a medium bowl, stir to combine **1 tablespoon Worcestershire sauce**, **¼ cup ketchup**, and **1 teaspoon BBQ spice blend**. Season to taste with **salt** and **pepper**.

Switch oven to broil. Spoon **glaze** over **meatloaves**. Broil on upper oven rack until glaze is browned in spots, 2-3 minutes (watch closely as broilers vary).



3. Make meatloaf mixture

In a medium bowl, knead to combine **ground beef**, **chopped garlic**, **¼ cup panko**, **1 large egg**, **1 teaspoon each of BBQ spice blend and salt**, and **a few grinds of pepper**.



6. Mash potatoes & serve

Return **sweet potatoes** to medium heat; add **all of the sour cream**, **2 tablespoons butter**, and **reserved cooking water**. Using a potato masher or fork, mash well to combine. Season to taste with **salt** and **pepper**. Drizzle **veggies** with **a little oil**; season to taste with **salt** and **pepper**. Serve **meatloaves** and **veggies** alongside **mashed sweet potatoes**. Enjoy!