



## Citrus-Ginger Beef Meatloaf

with Roasted Carrots & Kale Salad



30-40min



2 Servings

Ground beef meets bold flavors in this lightened-up, modern spin on a blue plate special. We flavor these mini meatloaves with fresh ginger and orange zest. A hearty kale salad dressed up with juicy citrus segments and crunchy almonds ups the wow factor, and sweet roasted carrots alongside creates a comforting meal that will fill you up without weighing you down.



## What we send

- garlic
- 1 oz fresh ginger
- 1 orange
- 2 scallions
- 2 carrots
- 1 oz sliced almonds <sup>15</sup>
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>1</sup>
- 2 oz hoisin sauce <sup>1,6,11</sup>
- 1 bunch curly kale

## What you need

- neutral oil
- kosher salt & ground pepper
- 1 large egg <sup>3</sup>
- sugar

## Tools

- microplane or grater
- rimmed baking sheet

## Cooking tip

To supreme an orange (or other citrus fruit) is to remove the juicy fruit segments without any of the tough, stringy membranes.

## Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 920kcal, Fat 53g, Carbs 56g, Protein 41g



### 1. Prep ingredients

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

Finely chop **2 teaspoons garlic**. Peel and finely chop **1 teaspoon ginger**. Finely grate **1 teaspoon orange zest**. Trim **scallions**, then thinly slice. Scrub **carrots**, then cut into 1-inch pieces on an angle.



### 4. Bake meatloaves & carrots

Transfer **meatloaves and carrots** to center oven rack and bake until meatloaves are firm to the touch and reach 160°F internally, and carrots are browned and tender, 15-20 minutes. Once cooked, carefully toss **carrots** with **remaining chopped garlic** directly on baking sheet.

Meanwhile, remove **kale** from stems; discard stems and tear leaves into bite-sized pieces.



### 2. Toast almonds

Place **almonds** in a single layer on a rimmed baking sheet. Transfer to center oven rack and bake until browned and toasted, 2-3 minutes (watch closely as ovens vary). Transfer nuts to a bowl; set aside until step 6.

On one side of same baking sheet, toss **carrots** with **1 tablespoon oil** and season with **a pinch each of salt and pepper**. Lightly **oil** empty side of same baking sheet.



### 5. Supreme orange

Trim top and bottom from **orange**. Slice off peel and pith in sections, following shape of fruit. Set fruit on a flat side. Cut toward center, along a membrane, then slice along adjacent membrane until cuts meet, releasing an orange segment. Repeat with remaining segments and place slices into a small bowl. Squeeze juice from any remaining fruit into a large bowl.



### 3. Make meatloaves

In a medium bowl, knead to combine **beef, chopped ginger, orange zest, half of the chopped garlic, 1 large egg, 1/3 cup panko, 3/4 teaspoon salt, and a few grinds of pepper**.

Form **meatloaf mixture** into 2 (4-inch) long oval patties. Place meatloaves on empty side of baking sheet next to carrots. Divide **hoisin sauce** between meatloaves and brush to evenly coat.



### 6. Make salad & serve

To bowl with **orange juice**, add **3 tablespoons oil, 1/2 teaspoon salt, 1/4 teaspoon sugar, and a few grinds of pepper**. Add **kale**; use hands to massage leaves until softened, 3-4 minutes. Add **almonds, orange segments, and remaining scallions**; toss to combine.

Serve **meatloaves** alongside **salad** and **roasted carrots**. Enjoy!