



## Brown Sugar-BBQ Meatloaves

with Ranch Potato Salad & Crispy Onions



30-40min



2 Servings

Frying is a task that might seem daunting but it's so worth it. Pro tip: first, evenly slice the onion into thin rings, this helps to ensure the onions cook evenly. Next, make sure the oil is hot enough, a pinch of flour should sizzle vigorously when added to the oil. Lastly, once they turn golden brown, use a slotted spoon to transfer to a paper towel, the onions will continue to deepen in color as they cool.



## What we send

- 2 red potatoes
- ½ lb green beans
- ¼ oz ranch seasoning <sup>3</sup>
- 2 oz mayonnaise <sup>1,4</sup>
- 1 yellow onion
- 2 oz barbecue sauce
- 2 oz dark brown sugar
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>2</sup>
- ¼ oz fresh chives

## What you need

- apple cider vinegar (or white wine vinegar)
- kosher salt & ground pepper
- 1 large egg <sup>1</sup>
- neutral oil
- ¼ cup all-purpose flour <sup>2</sup>

## Tools

- medium saucepan
- rimmed baking sheet
- medium skillet

## Allergens

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

## Nutrition per serving

Calories 1160kcal, Fat 69g, Carbs 87g, Protein 41g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Scrub **potatoes**, then cut into ½-inch pieces. Trim ends from **green beans**, then cut into 2-inch pieces. In a medium bowl, whisk to combine **ranch seasoning, mayonnaise, 2 teaspoons vinegar, and a pinch each of salt and pepper**. Thinly slice **onion** into rings, then finely chop **2 tablespoons of the onions**.



### 4. Roast meatloaves

Roast **meatloaves** on upper oven rack for 10 minutes. Remove from oven and brush meatloaves with **all but 2 tablespoons of the barbecue sauce mixture**. Return to upper oven rack and continue to roast until barbecue sauce is well browned and meatloaves reach 160°F internally, 7-10 minutes more.



### 2. Assemble potato salad

Place **potatoes** in a medium saucepan with enough **salted water** to cover. Bring to a boil. Cook until just tender, 5-6 minutes. Add **green beans**; cook together until beans are crisp-tender, 1-2 minutes. Drain; rinse with cold water. In a medium bowl, toss potatoes and beans with **dressing**, stirring and slightly mashing potatoes, until combined. Place in freezer to chill for 10 minutes.



### 5. Fry onions

Meanwhile, place **¼ cup flour** in a medium bowl; season with **salt and pepper**. Toss **sliced onions** in flour mixture, breaking up rings, until well coated. Heat **¼-inch oil** in a medium skillet over medium-high until shimmering. Add onions; fry, stirring, until golden brown and crisp, 3-5 minutes (watch closely). Transfer to a paper towel-lined plate and season with **salt**.



### 3. Make meatloaves

In a small bowl, stir to combine **barbecue sauce** and **1 tablespoon each of brown sugar and water**. In a medium bowl, knead to combine **ground beef, chopped onions, panko, 1 large egg, ¾ teaspoon salt, and a few grinds of pepper**. Shape **meatloaf mixture** into 4 oval patties (about 4-inches long). Place meatloaves on a **lightly oiled** rimmed baking sheet.



### 6. Finish & serve

Finely chop **chives**, then stir into **potato-green bean salad**. Serve **meatloaves** topped with **reserved barbecue sauce** alongside **frizzled onions** and **potato-green bean salad**. Enjoy!