

DINNERLY



Low-Carb Chicken Parm Meatloaf & Green Beans

with Marinara



30-40min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Turns out that combining two of our favorite comfort foods doesn't have to mean doubling the carbo-load. Instead, you're getting a big hit of protein with a meatloaf made with Italian chicken sausage, plus a side of crisp-tender green beans and onions to keep you feeling full. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- ½ lb green beans
- ½ lb uncased Italian chicken sausage
- 1 oz panko ²
- 8 oz marinara sauce
- 2 oz shredded fontina ³
- ¾ oz Parmesan ³

WHAT YOU NEED

- olive oil
- 1 large egg ¹
- kosher salt & ground pepper
- 1 Tbsp butter, melted ³

TOOLS

- rimmed baking sheet
- aluminium foil
- microplane or grater
- microwave

ALLERGENS

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

NUTRITION PER SERVING

Calories 740kcal, Fat 45g, Carbs 40g, Protein 45g

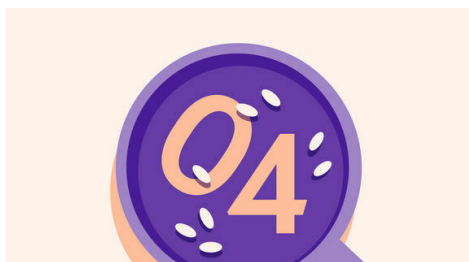


1. GREEN BEAN VARIATION

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

Halve and thinly slice onion, then finely chop ¼ cup.

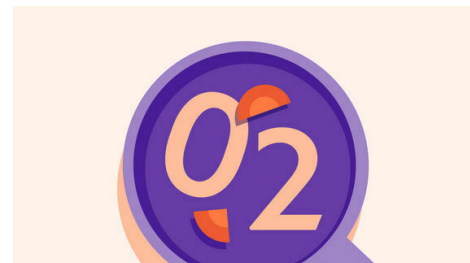
Trim stem ends from green beans.



4. Add cheese & veggies

When meatloaves have cooked 15 minutes, remove from oven. Sprinkle fontina and Parmesan breadcrumbs over top.

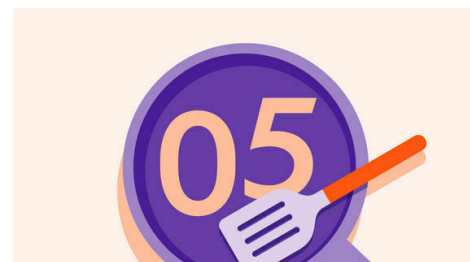
Transfer green beans and sliced onions to open half of baking sheet. Drizzle with 2 tablespoons oil; season with salt and pepper. Bake until meatloaves are cooked through to 165°F internally and green beans are tender and crisp, 7–10 minutes.



2. Make meatloaves

Transfer chicken sausage to a medium bowl. Add chopped onions, half of the panko, 1 large egg, ½ teaspoon salt, and a few grinds of pepper; knead to combine. Divide into 2 (4x6-inch) ovals. Transfer to one half of prepared baking sheet. Spoon all but ¼ cup marinara evenly over top.

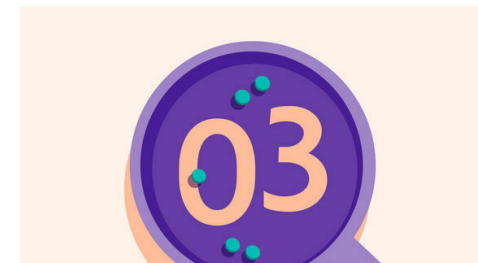
Bake on upper oven rack for 15 minutes.



5. Heat marinara & serve

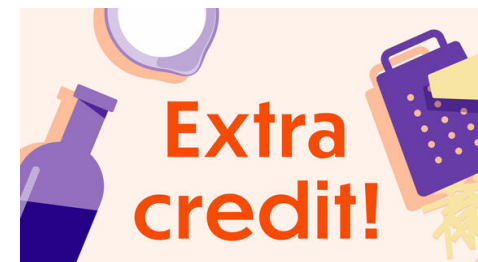
Microwave remaining marinara sauce with a damp paper towel over top until warmed through, 1–2 minutes.

Serve chicken parm meatloaves and green beans with remaining marinara sauce alongside for dipping. Enjoy!



3. Make Parmesan breadcrumbs

Meanwhile, finely grate Parmesan, if necessary. Transfer to a small bowl along with remaining panko, 1 tablespoon melted butter, and a pinch each of salt and pepper.



6. Take it to the next level

Serve the meatloaf with some freshly chopped parsley or basil over top.