



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 ²
- 10 oz pkg grass-fed ground beef
- 1 oz panko ³
- 2 oz hoisin sauce ^{4,5,3}
- 1 bunch curly kale

What you need

- neutral oil
- kosher salt & ground pepper
- 1 large egg ¹
- 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

Egg (1), Tree Nuts (2), Wheat (3), Sesame (4), Soy (5). 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!