

DINNERLY



Family Friendly! Glazed Meatloaf with Roasted Vegetables



2h



2 Servings

Gone are the days of the sad cafeteria meatloaf. Give it some flair—meatloaf can be so much more! We infuse our beef mixture with mushroom and poultry seasonings for major flavor. But the real star of the show is the sweet & sour glaze. Tuck that supremely glazed meatloaf in with heaps of potatoes, carrots, and green beans and you've got an all-star version of a meaty classic. We've got you covered! (2p serves 4; 4p serves 8)

WHAT WE SEND

- 2 oz panko ³
- ½ lb baby potatoes
- 1 large bag carrots
- 1 yellow onion
- ½ lb green beans
- 2 (10 oz) pkgs grass-fed ground beef
- ¼ oz mushroom seasoning
- ¼ oz poultry seasoning
- 2 oz sweet & sour sauce ²

WHAT YOU NEED

- ½ cup milk or water
- kosher salt & ground pepper
- large egg ¹
- olive oil

TOOLS

- 8x4-inch loaf pan
- nonstick cooking spray
- microwave
- box grater
- rimmed baking sheet
- aluminium foil

COOKING TIP

If you don't have a loaf pan, form the meatloaf mixture into a 8x4-inch loaf directly onto the rimmed baking sheet.

ALLERGENS

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

NUTRITION PER SERVING

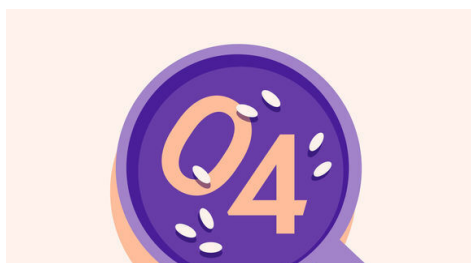
Calories 620kcal, Fat 26g, Carbs 50g, Protein 35g



1. Prep ingredients

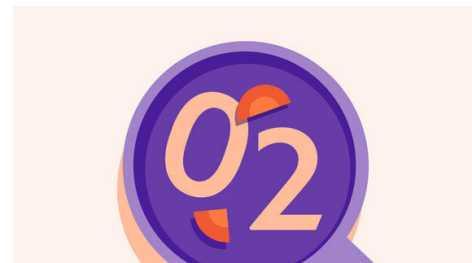
Preheat oven to 350°F with a rack in the center. Grease an 8x4-inch loaf pan with nonstick spray.

In a large bowl, combine **panko** and ½ cup **milk or water**. Soak until liquid is absorbed, about 5 minutes. Scrub **potatoes**. Place on a plate in a single layer; microwave until a knife can just pierce centers with little resistance, stirring halfway through, 5–7 minutes.



4. Continue baking

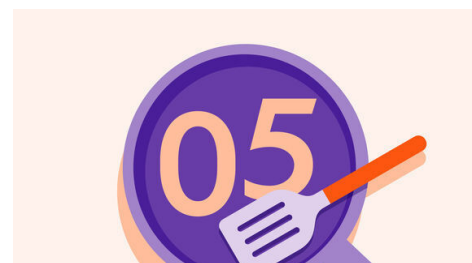
In bowl from **potatoes and carrots**, toss **green beans** with ½ **tablespoon oil**; season with **salt** and **pepper**. Transfer to baking sheet around **meatloaf**; carefully toss with **potatoes and carrots**. Continue baking until vegetables are tender and meatloaf is nearly cooked through (center of meatloaf should register 145°F), 25–30 minutes. Switch oven to broil.



2. Mix meatloaf

Scrub **carrots**; cut into 1½-inch pieces on an angle. Coarsely grate **onion** on the large holes of a box grater. Trim ends from **green beans**.

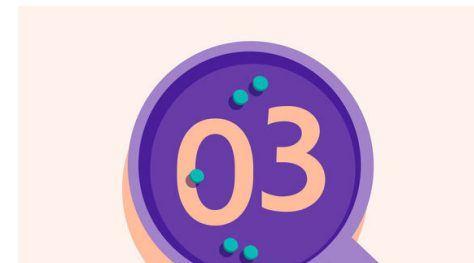
To **panko mixture**, add **beef**, **grated onion**, **mushroom seasoning**, **2 teaspoons salt**, **1 large egg**, and **1 teaspoon each of poultry seasoning and pepper**; mix until well combined. Transfer mixture to prepared loaf pan, pressing to pack tightly.



5. Glaze

Brush **half of the sweet & sour sauce** over **meatloaf**. Broil on center rack until sauce begins to brown in spots, about 5 minutes.

Brush **meatloaf** with **remaining sweet & sour sauce**; stir **vegetables**. Continue broiling until sauce is again bubbling and beginning to brown and meatloaf is cooked through, another 5–10 minutes.



3. Bake meatloaf

Line a rimmed baking sheet with aluminum foil; invert loaf pan with **meatloaf** in the center (keep pan on top of meatloaf).

In a large bowl, toss **carrots and potatoes** with **2 tablespoons oil** and **1 teaspoon poultry seasoning**; season with **salt** and **pepper**. Arrange around meatloaf. Bake on center rack for 20 minutes. Lift and remove loaf pan from meatloaf.



6. Finish & serve

Remove **meatloaf** from oven and rest for at least 10 minutes. Cut into slices and serve with **roasted vegetables**. Enjoy!