



Gochujang-Glazed Pork Meatloaf

Quick & Easy Protein!



30-40min



2 Servings

Meatloaf is always a dinner winner, and this Korean-inspired recipe is no exception! We ditch the beef and opt for juicy ground pork. The meat is seasoned with aromatic fresh ginger and scallions, savory tamari, and sesame oil. A spicy-sweet Korean gochujang glaze caramelizes on top creating a delicious crust. It's sure to be a hit at the table. Just add rice and your favorite veg to complete this meal.

What we send

- 1 oz panko ²
- 2 scallions
- 1 piece fresh ginger
- 10 oz pkg ground pork
- 2 (½ oz) tamari soy sauce ³
- ½ oz toasted sesame oil ⁴
- 1 oz gochujang ³
- 2 (½ oz) honey
- ¼ oz pkt toasted sesame seeds ⁴

What you need

- milk or water
- 1 large egg ¹
- kosher salt & ground pepper
- sugar
- apple cider vinegar (or white wine vinegar)

Tools

- rimmed baking sheet
- aluminium foil
- microplane or grater

Allergens

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

Nutrition per serving

Calories 450kcal, Fat 17g, Carbs 35g, Protein 35g



STEP

1

1. Prep ingredients

Preheat oven to 350°F with racks in the center and upper third.

In a large bowl, combine **panko** and **3 tablespoons milk or water**. Set aside until liquid is absorbed, about 5 minutes.

Line a rimmed baking sheet with foil. Trim **scallions**, then thinly slice. Finely grate **2 teaspoons ginger**.



STEP

2

2. Mix meatloaf

To bowl with **panko**, add **pork, scallions, grated ginger, 1 large egg, 1 tablespoon tamari, 2 teaspoons sesame oil, 1 teaspoon each of gochujang and salt, ½ teaspoon sugar**, and **a few grinds of pepper**; mix thoroughly until well combined.



STEP

3

3. Bake meatloaf

Using wet hands, shape **meat mixture** on prepared baking sheet into a 7"x3" oval, about 1½" thick.

Bake on center oven rack until meatloaf is just cooked through, 15-20 minutes. Remove meatloaf from oven. Switch oven to broil.



STEP

4

4. Glaze meatloaf

In a small bowl, combine **honey, remaining gochujang and sesame oil**, and **1 teaspoon each of tamari and vinegar**; whisk glaze until well combined.

Brush **half of the glaze** over **meatloaf**. Broil meatloaf on upper rack until glaze bubbles and begins to brown at edges, 3-5 minutes (watch closely as broilers vary).



STEP

5

5. Finish & serve

Brush **remaining glaze** over **meatloaf**; sprinkle with **sesame seeds**. Broil again on upper oven rack until glaze bubbles and begins to brown at edges, 2-4 minutes more. Let **meatloaf** cool for 10 minutes before slicing. Cut into slices. Enjoy!



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