



Glazed Mini Meatloaves

with Pesto Brussels Sprouts



20-30min



2 Servings

Making the meatloaf mix (and even shaping them) ahead of time can make dinner preparation a breeze! After mixing and shaping, store the meatloaves in an airtight container in the refrigerator until ready to use. Then once the craving hits, take these loaves out and enjoy with an upgraded side of pesto Brussels sprouts for the ultimate gastropub-style grub at home.

What we send

- 2 scallions
- ¾ oz Parmesan ²
- 2 Portuguese rolls ³
- 6 oz tomato paste
- 10 oz pkg grass-fed ground beef
- 1 oz panko ³
- 4 oz basil pesto ²
- ½ lb Brussels sprouts

What you need

- kosher salt & ground pepper
- olive oil
- sugar
- 1 large egg ¹
- red wine vinegar

Tools

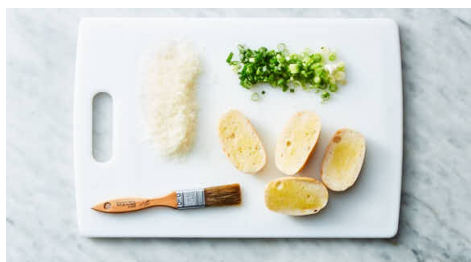
- medium saucepan
- microplane or grater
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 750kcal, Fat 41g, Carbs 39g, Protein 44g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Bring a medium saucepan of **salted water** to a boil. Trim **scallions**, then thinly slice. Finely grate **Parmesan**. Halve **rolls**, then generously brush cut sides with **oil**.



4. Bake meatloaves

Divide **meatloaf mixture** into four equal portions. On a rimmed baking sheet, shape into 4 (4-inch) oval meatloaves. Spread **glaze** on the tops and sides of meatloaves. Bake on upper oven rack until meatloaves are just firm to the touch, 9-10 minutes, or until meatloaves reach 160°F internally.



2. Make glaze

In a small bowl, whisk to combine **2 tablespoons each of tomato paste and oil**, **1 tablespoon vinegar**, and **¼ teaspoon sugar**; season with **a pinch each of salt and pepper**.



3. Prep meatloaves

In a medium bowl, knead to combine **ground beef, Parmesan, half of the scallions, ¼ cup panko, 1 large egg, 1 tablespoon pesto**, and **a generous pinch each of salt and pepper**. (Save remaining pesto for steps 5 and 6).



5. Cook Brussels sprouts

Meanwhile, trim stem ends from **Brussels sprouts**; cut in half. Add Brussels sprouts to boiling water and cook until tender, 3-4 minutes. Drain, rinse with cold water, and drain again. Transfer to a medium bowl with **remaining scallions**. Add **1 tablespoon pesto** and toss to coat. Season to taste with **salt and pepper**.



6. Finish & serve

Switch oven to broil. Add **rolls**, cut side up, to baking sheet with **meatloaves**. Broil until rolls are lightly browned and glaze is brick red, 2-3 minutes (watch closely as broilers vary). Sprinkle rolls with **salt**. Serve **meatloaves** with **rolls** and **Brussels sprouts** alongside. Pass **remaining pesto** at the table. Enjoy!