



Classic Meatloaf

with Roasted Carrots & Mashed Potatoes



40min



2 Servings

We call this meatloaf a classic for good reason. It is sure to summon all of the warm and comforting feels. The beef mixture is seasoned with a deeply sweet and savory combination of Worcestershire sauce, Dijon mustard, fresh thyme leaves, chopped onions, and ketchup. The sides are classic, too: creamy mashed potatoes, pan gravy, and roasted carrots.

What we send

- 2 potatoes
- 6 oz carrots
- ¼ oz fresh thyme
- garlic
- 1 red onion
- 10 oz pkg grass-fed ground beef
- ¼ oz Dijon mustard
- 1 oz panko ⁴
- 1½ oz pkt Worcestershire sauce ²
- 1 pkt beef broth concentrate

What you need

- kosher salt & pepper
- 1 large egg ¹
- ketchup
- olive oil
- butter ³

Tools

- medium saucepan
- microplane or grater
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 870kcal, Fat 38g, Carbs 83g, Protein 41g



1. Cook potatoes

Preheat oven to 450°F with rack in upper third. Peel **potato**, then cut into 1-inch pieces. Place potatoes in a medium saucepan with **1 teaspoon salt** and enough **water** to cover by 1 inch. Cover and bring to a boil over high heat. Uncover; cook until easily pierced with a fork, 9-10 minutes. Reserve **½ cup cooking water**; drain potatoes and return to saucepan. Cover to keep warm.



2. Prep ingredients

Halve **carrots** lengthwise, then cut into 2-inch pieces. Pick and finely chop **1 teaspoon thyme leaves**, discarding stems. Peel and finely grate **½ teaspoon garlic** into a medium bowl. Peel and quarter **onion**; finely chop ¼ of the onion (about ¼ cup) then cut remaining quarters in half and separate into pieces.



3. Season beef

To bowl with **grated garlic**, add **beef**, **Dijon**, **chopped thyme leaves**, **finely chopped onions**, **½ cup panko**, **1 large egg**, **2 tablespoons of the Worcestershire sauce**, **2 tablespoons ketchup**, **½ teaspoon salt**, and **a few grinds of pepper**. Mix gently to combine, and then shape beef into into 2 equal-size ovals.



4. Roast meatloaf & veggies

Add **carrots** and **onions** to a rimmed baking sheet. Toss with **1 tablespoon oil**; season with **salt** and **pepper**. Push **vegetables** to outer edges of baking sheet; place **meatloaves** in center. Bake on upper oven rack until meatloaves reach an internal temperature of 165°F and vegetables are tender, 20-22 minutes. Transfer meatloaves and vegetables to a plate; cover to keep warm.



5. Make gravy

In a small bowl, stir to combine **broth concentrate**, **½ cup water**, and **½ tablespoon flour**. Pour **broth mixture** onto baking sheet, stirring up browned bits from the bottom. Roast on upper oven rack until reduced to ¼ cup, 3-4 minutes.



6. Finish potatoes & serve

Heat saucepan with **potatoes** over medium. Add **2 tablespoons butter**. Using a potato masher or fork, mash potatoes, adding **reserved cooking water**, 1 tablespoon at a time, to reached desired consistency. Season to taste with **pepper**. Serve **mashed potatoes** alongside **meatloaf** and **roasted vegetables**; spoon gravy over top. Enjoy!