

# MARLEY SPOON



## Meatloaf with Creamy Mustard Sauce

& Buttery Tarragon Veggies



30-40min



2 Servings

An American blue plate special, if served at your favorite French bistro. We use grass-fed ground beef for our traditional meatloaf and serve it alongside sautéed vegetables tossed with butter and fresh tarragon, a popular herb in France that adds a subtle sweet-anise taste. But what's meatloaf with gravy? We make a quick one with Dijon mustard and a touch of sour cream, which brings it all together. Bon appétit!



## What we send

- 1 yellow onion
- garlic
- 6 oz carrots
- 4 oz snap peas
- ¼ oz fresh tarragon
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>4</sup>
- 1½ oz pkt Worcestershire sauce <sup>2</sup>
- 1 oz sour cream <sup>3</sup>
- ¼ oz Dijon mustard

## What you need

- olive oil
- 1 large egg <sup>1</sup>
- kosher salt & ground pepper
- butter <sup>3</sup>
- red wine vinegar (or apple cider vinegar)

## Tools

- medium skillet
- 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 660kcal, Fat 36g, Carbs 34g, Protein 35g



### 1. Prep onions & garlic

Preheat oven to 450°F with a rack in the center. Finely chop **half of the onion** (save rest for own use). Finely chop **2 teaspoons garlic**. Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **chopped onions** and **half of the chopped garlic**; cook, stirring occasionally, until softened, 4-5 minutes. Transfer to a medium bowl to cool slightly. Reserve skillet for step 4.



### 4. Cook carrots & snap peas

To reserved skillet, add **carrots** and **2 tablespoons water**; bring to a boil. Cover and cook until softened, 3-4 minutes. Add **snap peas** and **½ tablespoon oil**; cook, stirring, until water is evaporated and vegetables are tender and browned in spots, 2-3 minutes more. Stir in **chopped tarragon**, **1 tablespoon butter**, and **½ teaspoon vinegar**. Season with **salt** and **pepper**.



### 2. Prep veggies & tarragon

Meanwhile, scrub **carrots**, then thinly slice on an angle.

Trim **snap peas**, if desired.

Pick and coarsely chop **2 teaspoons tarragon leaves**; discard stems.



### 5. Make mustard cream sauce

Transfer **veggies** to a platter or plates. Heat **1 teaspoon oil** in same skillet over medium. Add **remaining chopped garlic**; stir until fragrant, about 30 seconds. Add **1 teaspoon Dijon**, **2 teaspoons Worcestershire** and **¼ cup water**; cook, whisking up brown bits, until sauce is slightly thickened, 2-3 minutes. Stir in **sour cream**; season to taste with **salt** and **pepper**.



### 3. Assemble & bake meatloaf

To bowl with **onions and garlic**, add **beef, panko, 1 teaspoon Worcestershire, 1 large egg, ¾ teaspoon salt**, and **a few grinds of pepper**; knead to combine. Form into a 6-inch long meatloaf and place on a rimmed baking sheet. Bake on center oven rack until browned, firm to the touch, and reaches an internal temperature of 165°F internally, about 20 minutes.



### 6. Finish & serve

Slice **meatloaf** and serve alongside **veggies** with **mustard cream sauce** spooned over top. Enjoy!