

# MARLEY SPOON



## Meatloaf & Caramelized Onion Gravy

with Honey-Garlic Carrots & Green Beans



40-50min



2 Servings

Classic all-American meatloaf is a reliable winner at the dinner table, but we're giving it a twist to keep things interesting. We add fresh herbs to the grass-fed ground beef, which adds an aromatic flavor to the individually portioned meatloaves. Instead of potatoes, we roast sweet carrots and crunchy green beans with honey for a sweet and savory side. A savory caramelized onion gravy ties it all together.



## What we send

- 1 yellow onion
- ¼ oz fresh parsley
- ½ lb green beans
- 6 oz carrots
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>3</sup>
- ¼ oz mushroom seasoning
- ¼ oz granulated garlic
- 2 (½ oz) honey
- 1 pkt beef broth concentrate

## What you need

- ¼ cup ketchup
- sugar
- apple cider vinegar (or white wine vinegar)
- olive oil
- 1 large egg <sup>1</sup>
- kosher salt & ground pepper
- unsalted butter <sup>2</sup>
- all-purpose flour <sup>3</sup>

## Tools

- box grater
- parchment paper
- rimmed baking sheet
- small saucepan

## 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 880kcal, Fat 44g, Carbs 72g, Protein 38g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third.

Into a medium bowl, coarsely grate **half of the onion**; finely chop **remaining half**. Finely chop **parsley leaves and stems**.

In a small bowl, stir together **¼ cup ketchup**, **1 tablespoon sugar**, and **1 teaspoon vinegar**. Reserve glaze for step 3.



### 4. Roast meatloaves

Roast **meatloaf and carrots** on upper oven rack for 20 minutes. Arrange **green beans** around meatloaf. Drizzle **honey**, **remaining granulated garlic**, and **1 tablespoon oil** over veggies. Carefully toss to combine and season with **salt and pepper**. Return to oven and roast until meatloaf reaches 165°F internally, and veggies are tender, lightly browned, and glazed, 10-15 minutes more.



### 2. Prep vegetables

Trim stem ends from **green beans**; reserve for step 4. Scrub **carrots**, then cut on an angle into 1-inch pieces.

On a parchment-lined rimmed baking sheet, toss carrots with **1 tablespoon oil**; arrange around edge of baking sheet.



### 5. Caramelize onions

While **meatloaf and veggies** roast, melt **2 tablespoons butter** in a small saucepan over medium heat. Add **chopped onions** and **a pinch of salt**; cook, stirring occasionally, until softened and translucent, 3-5 minutes. Reduce heat to medium-low and cook, stirring frequently, until onions are golden brown and soft, 10-15 minutes more.



### 3. Mix & form meatloaves

To the bowl with **grated onion**, add **beef**, **panko**, **half each of the parsley**, **mushroom seasoning** and **granulated garlic**, **1 large egg**, **½ teaspoon salt**, and **a few grinds of pepper**; mix well.

In the center of the rimmed baking sheet, form beef mixture into a 3x8-inch log; brush top with **glaze**.



### 6. Finish gravy & serve

Stir **1 tablespoon flour** into **onions**; cook for 1 minute. Whisk in **1 cup water**; bring to a boil. Add **broth concentrate** and **remaining mushroom seasoning**; simmer over medium for 2-3 minutes until **gravy** thickens. Stir in **½ teaspoon vinegar**.

Sprinkle **vegetables** with **remaining parsley**. Slice **meatloaf** and serve with **gravy**. Enjoy!