

DINNERLY



Meatloaf Casserole with Mashed Potatoes



1h



2 Servings

Imagine getting all the delicious flavors of creamy mashed potatoes, savory ground beef, carrots, and onions in just one forkful. Minimal effort to make, and even less effort to eat. Meatloaf casserole is the new meatloaf—you heard it here first, folks. We've got you covered! (2p-plan serves 4; 4p-plan serves 8)

WHAT WE SEND

- 4 potatoes
- 1 yellow onion
- 3 oz carrots
- 1 pkt beef broth concentrate
- 10 oz pkg grass-fed ground beef
- 2 oz panko ³

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- ¼ cup ketchup
- ¾ cup milk ²
- 4 Tbsps butter ²
- 1 large egg ¹

TOOLS

- large saucepan
- medium skillet
- potato masher or fork
- medium (1½-2 quart) baking dish

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 1240kcal, Fat 52g, Carbs 135g, Protein 48g



1. Cook potatoes

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

Peel **potatoes**, then cut into ½-inch pieces. Place in a large saucepan along with **a generous pinch of salt** and enough water to cover by 1 inch. Cover and bring to a boil over high heat, then uncover and cook until easily pierced with a fork, 8–12 minutes. Drain and return potatoes to saucepan; set aside until step 3.



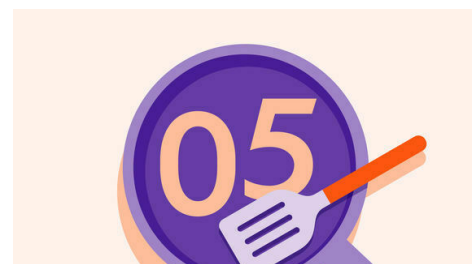
4. Make meatloaf mixture

Lightly **oil** a medium baking dish. In a large bowl, combine **beef, onion-carrot mixture, panko, 1 large egg, ½ teaspoon salt, and a few grinds of pepper**; knead until just combined (do not over mix). Gently press meatloaf mixture into the bottom of prepared baking dish.



2. Cook onions & carrots

While **potatoes** cook, finely chop **onion**. Scrub **carrot**, then cut into ¼-inch pieces. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **onions, carrots, and a pinch of salt**; cook, stirring, until veggies are golden and beginning to soften, 5–7 minutes. Off heat, stir in **broth concentrate, ½ cup water, and ¼ cup ketchup** until combined; set aside to cool.



5. Bake & serve

Dollop **mashed potatoes** on top of **meatloaf mixture**; spread into an even layer. Lightly drizzle potatoes with **oil**. Bake on upper oven rack until mashed potatoes are golden, and meatloaf reaches 160°F internally, 20–25 minutes.

Allow **meatloaf casserole** to rest for 10 minutes before serving. Enjoy!



3. Mash potatoes

While **veggie mixture** cools, return saucepan with **potatoes** to medium heat; add **¾ cup milk** and **4 tablespoons butter**. Using a potato masher or fork, mash until smooth; season to taste with **salt** and **pepper**. Set aside until step 5.



6. Did you know?

All of our sites in the US will be running on renewable energy in 2022.