



## Mini Meatloaf

with Crispy Potatoes & Brussels Sprouts



30-40min



2 Servings

These mini meatloaves are flavor powerhouses thanks to sun-dried tomatoes and garlic. Sliced Yukon gold potatoes roast alongside until crisp and browned on the outside and soft-as-butter on the inside. A crisp-tender side of Brussels sprouts tossed with fresh parsley is a delicious way to balance the meal.



## What we send

- 12 oz Yukon gold potatoes
- 2 oz sun-dried tomatoes
- garlic
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>2</sup>
- ½ lb Brussels sprouts
- ¼ oz fresh parsley

## What you need

- olive oil
- kosher salt & ground pepper
- 1 large egg <sup>1</sup>

## Tools

- 2 rimmed baking sheets
- medium pot

## Allergens

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

## Nutrition per serving

Calories 840kcal, Fat 44g, Carbs 64g, Protein 45g



### 1. Roast potatoes

Preheat oven to 425°F with racks in the upper and lower thirds.

Scrub **potatoes**, then cut into ¼-inch thick slices; toss with **2 tablespoons oil** on a rimmed baking sheet. Season with **salt** and **pepper**. Roast on lower oven rack until tender and golden, about 25 minutes, flipping after 20 minutes.



### 4. Bake meatloaves

Generously **oil** a second rimmed baking sheet.

Shape **meatloaf mixture** into **2 mini meatloaves**. Transfer to prepared baking sheet, and bake on upper oven rack until browned and cooked through, 20-22 minutes.



### 2. Prep ingredients

Meanwhile, very finely chop **1½ tablespoons sun-dried tomatoes**.

Finely chop **1 teaspoon garlic**.



### 3. Make meatloaf mixture

In a large bowl, knead to combine **beef**, **chopped garlic**, **sun-dried tomatoes**, **¼ cup panko**, **1 large egg**, and **1 tablespoon oil**. Season with **¾ teaspoon salt** and **a few grinds of pepper**.



### 5. Cook Brussels sprouts

Meanwhile, bring a medium pot of **salted water** to a boil.

Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). Add Brussels sprouts to boiling water and cook until crisp-tender, about 3 minutes. Drain, return to pot, and toss with **2 teaspoons oil**. Season to taste with **salt** and **pepper**.



### 6. Finish & serve

Pick **parsley leaves and stems**. Toss **Brussels sprouts** with parsley.

Serve **meatloaves** with **Brussels sprouts** and **potatoes** alongside. If you have ketchup on hand, it's great for dipping! Enjoy!