

# DINNERLY



## Hot Honey-Glazed Meatloaf with Carrot & Parsnip Fries

 1h  2 Servings

The cafeteria mystery meat of your childhood can't hold a candle to a savory, satisfying homemade meatloaf, especially when you're doing it Dinnerly-style. Instead of plain ol' ketchup on top, how about a sweet and spicy sauce that you'll be thinking about for days? We've got you covered!

## WHAT WE SEND

- 6 oz carrots
- 2 parsnips
- 2 scallions
- 1 oz panko <sup>2</sup>
- 10 oz pkg grass-fed ground beef
- 2 (½ oz) Mike's Hot Honey

## WHAT YOU NEED

- neutral oil
- all-purpose flour <sup>2</sup>
- kosher salt & ground pepper
- 1 large egg <sup>1</sup>
- ketchup

## TOOLS

- rimmed baking sheet

## COOKING TIP

Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

## ALLERGENS

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

## NUTRITION PER SERVING

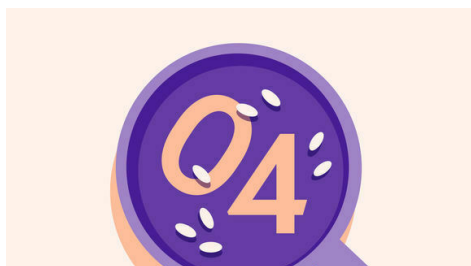
Calories 720kcal, Fat 31g, Carbs 64g, Protein 35g



### 1. Prep veggie fries

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

Peel **carrots** and **parsnips**; cut lengthwise into ½-inch thick fries. Toss on a rimmed baking sheet with **2 tablespoons oil** and **1 teaspoon flour**; season with **salt** and **pepper**.



### 4. Serve

Serve **hot honey meatloaves** with **carrot and parsnip fries**. Garnish with **remaining scallions**. Enjoy!



### 2. Make meatloaves

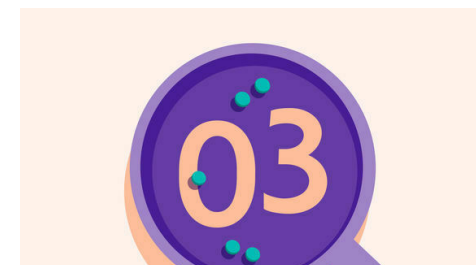
Trim ends from **scallions** and thinly slice.

In a medium bowl, mix or knead to combine **beef**, **panko**, **half of the scallions**, **½ teaspoon salt**, **1 large egg**, and **a few grinds of pepper**. Form into 2 (5-inch) meatloaves and transfer to baking sheet with **veggies**.



### 5. ...

What were you expecting, more steps?



### 3. Make sauce & bake

In a small bowl, stir to combine **hot honey** and **2 tablespoons ketchup**; spread **1 tablespoon of the sauce** over each **meatloaf**.

Bake on upper oven rack until meatloaves are cooked through and reach 160°F internally, and **veggies** are browned and tender, tossing halfway through, about 20 minutes.



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!