

# MARLEY SPOON



## **Peak Season! Turkey Meatloaf & Green Beans**

with Parsnip-Potato Mash



40-50min



2 Servings

Meatloaf with mashed potatoes is a guaranteed hit. We stuck to the classic, but with small tweaks to channel warming fall flavors. Here we season ground turkey with fresh sage and shallots. We take it one step further, adding parsnips to creamy mashed potatoes. Snappy roasted green beans and gravy round out the autumn vibes.



## What we send

- 2 potatoes
- 2 parsnips
- 1 shallot
- ¼ oz fresh sage
- ½ lb green beans
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>3</sup>
- 1 oz cream cheese <sup>2</sup>
- 1 pkt turkey broth concentrate

## What you need

- kosher salt & ground pepper
- olive oil
- 1 large egg <sup>1</sup>
- butter <sup>2</sup>
- all-purpose flour <sup>3</sup>

## Tools

- medium saucepan
- medium skillet
- rimmed baking sheet
- potato masher or fork

## Cooking tip

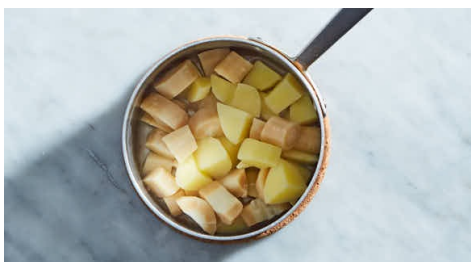
It's peak season for parsnips, which means they're at their most delicious!

## 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 940kcal, Fat 49g, Carbs 91g, Protein 40g



### 1. Boil potatoes & parsnips

Preheat oven to 450°F with a rack in the upper third. Peel **potatoes** and **parsnips**; cut into 1-inch pieces. Transfer to a medium saucepan. Add enough cold **salted water** to cover by 1 inch. Cover and bring to a boil. Uncover and cook until vegetables are tender, 10-12 minutes. Drain and return to saucepan.



### 4. Roast beans & meatloaves

On a rimmed baking sheet, toss **green beans** with **2 teaspoons oil** and season with **salt** and **pepper**. Place **meatloaves** on baking sheet between green beans and roast on upper oven rack until green beans are tender and charred, and meatloaves are firm to the touch and reach 165°F internally, 15-20 minutes (watch closely as ovens vary).



### 2. Prep ingredients

Finely chop **shallot**. Pick **half of the sage leaves** from stems; finely chop, discarding stems (save remaining sage for own use). Trim stem ends from **green beans**. Heat **1 tablespoon oil** in a medium skillet over medium. Add **shallot**; cook, stirring, until softened, about 2 minutes. Stir in **chopped sage**; cook until fragrant, about 1 minute.



### 5. Mash potatoes & parsnips

Reheat **potatoes** and **parsnips** over medium. Add **cream cheese** and **2 tablespoons butter**; cook, stirring and mashing with a potato masher or fork, until smooth and warmed through, 3-5 minutes. Season to taste with **salt** and **pepper**. Cover to keep warm off heat.



### 3. Make meatloaves

Transfer **sautéed shallot and sage** to a large bowl and allow to cool slightly (reserve skillet for step 6). To bowl with shallot, add **turkey**, **¼ cup panko**, **1 large egg**, **½ teaspoon salt**, and **a few grinds of pepper**; knead to combine. Form meatloaf mixture into 2 (4-inch) long oval patties.



### 6. Make gravy & serve

Heat **1 tablespoon oil** in reserved skillet over medium-high. Add **1 tablespoon flour**; cook, stirring, until golden, 1-2 minutes. Slowly whisk in **1 cup water** and **broth concentrate**; bring to a simmer. Cook, stirring, until thickened to coat a spoon, 3-5 minutes. Season with **salt** and **pepper**. Serve **meatloaves** with **mash**, **green beans**, and **gravy**. Enjoy!