

# DINNERLY



## Turkey Meatloaf & Sweet Potato Mash with Gravy & Roasted Brussels Sprouts



30-40min



2 Servings

Meatloaf is comfort on a plate, pure and simple. Served with Brussels sprouts, and what else? Creamy mashed potatoes, of course! But we're swapping russets for sweet potatoes for a new spin on an old favorite. We've got you covered!

### WHAT WE SEND

- 1 sweet potato
- ½ lb Brussels sprouts
- 1 pkt turkey broth concentrate
- ¼ oz cornstarch
- 10 oz pkg ground turkey
- 1 oz panko <sup>2</sup>
- ¼ oz Tuscan spice blend

### WHAT YOU NEED

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

### TOOLS

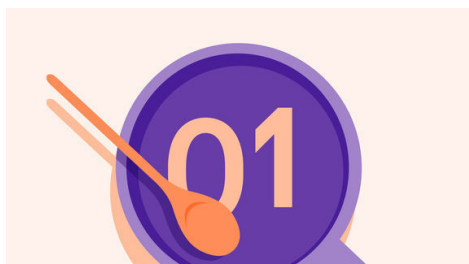
- small saucepan
- medium ovenproof skillet
- potato masher or fork

### ALLERGENS

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

### NUTRITION PER SERVING

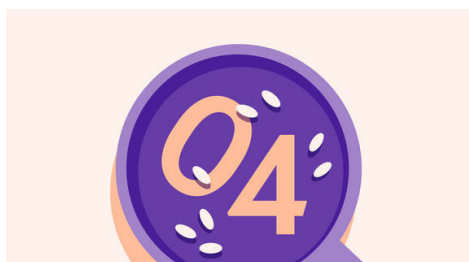
Calories 700kcal, Fat 40g, Carbs 53g, Protein 37g



#### 1. Cook sweet potatoes

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

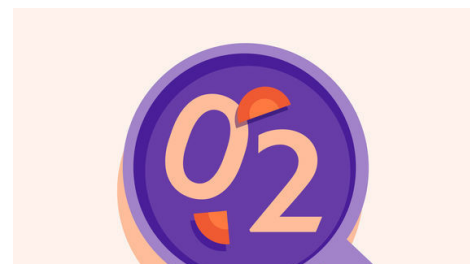
Peel **sweet potato**, then cut into 1-inch pieces. Place in a small saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil. Uncover and cook until sweet potatoes are tender, 13–15 minutes. Drain and return sweet potatoes to saucepan. Keep covered off heat until step 5.



#### 4. Make gravy

Transfer **meatloaf and Brussels sprouts** to a platter and cover to keep warm.

Add **2 teaspoons oil** and **remaining chopped garlic** to same skillet. Cook over medium-high heat until garlic is sizzling, about 1 minute. Stir in **broth mixture**. Bring to a simmer and cook, stirring occasionally, until **gravy** is slightly thickened, about 5 minutes.

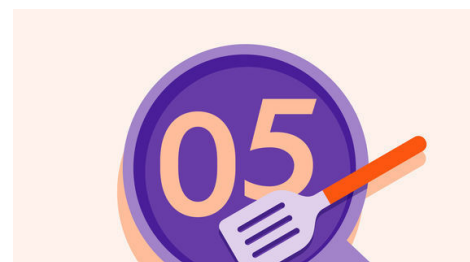


#### 2. Prep ingredients

Trim ends from **Brussels sprouts**. Cut in half (or quarter, if large). Finely chop **2 teaspoons garlic**.

In a liquid measuring cup, stir together **broth concentrate**, **½ teaspoon cornstarch**, and **⅔ cup water**.

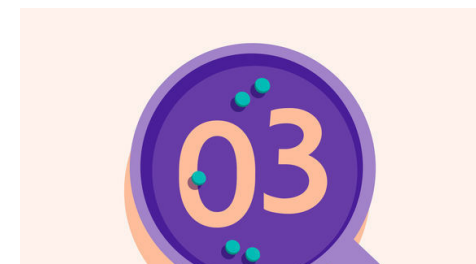
In a medium bowl, knead to combine **turkey, panko, 1½ teaspoons Tuscan spice blend, 1 teaspoon of the chopped garlic, 1 large egg, 1 teaspoon salt**, and **a pinch of pepper**.



#### 5. Mash potatoes & serve

Return saucepan with **sweet potatoes** to medium heat. Add **2 tablespoons butter or oil** and mash with a potato masher or fork until smooth; season to taste with **salt** and **pepper**.

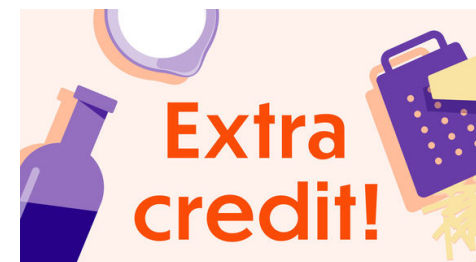
Slice **turkey meatloaf** and serve with **roasted Brussels sprouts** and **sweet potato mash** alongside. Pour **gravy** over top. Enjoy!



#### 3. Roast meatloaf & Brussels

Form **turkey** into a 6-inch oval and place in a **lightly oiled** medium ovenproof skillet; drizzle with **oil**.

Roast on upper oven rack, 10 minutes. Scatter **Brussels sprouts** around turkey and drizzle with **oil**; season with **salt** and **pepper**. Continue roasting until meatloaf is cooked through (internal temperature reaches 165°F) and veggies are crisp-tender, about 15 minutes.



#### 6. Make it ahead!

Mix and shape the meatloaf ahead of time! Keep it in the fridge overnight, then let it come to room temperature before proceeding with step 3.