

# DINNERLY



## Turkey Meatloaf with Roasted Broccoli & Sweet Potato Mash



30-40min



2 Servings

Meatloaf is comfort on a plate, pure and simple. Served with roasted broccoli, 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 broccoli
- garlic (use 2 large cloves)
- 1 pkt turkey broth concentrate
- 10 oz pkg ground turkey
- 1 oz panko <sup>1</sup>
- poultry seasoning (use 1½ tsp)

## WHAT YOU NEED

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

## TOOLS

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

## ALLERGENS

Wheat (1), Egg (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

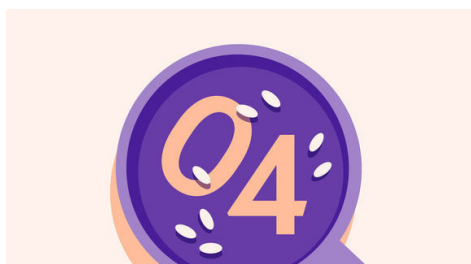
## NUTRITION PER SERVING

Calories 630kcal, Fat 30g, Carbs 53g, Protein 39g



### 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 along with enough **salted water** to cover by 1 inch. Cover, bring to a boil, then uncover and cook until sweet potatoes are tender, 13–15 minutes. Drain and return sweet potatoes to saucepan. Remove from the heat and keep covered until step 5.



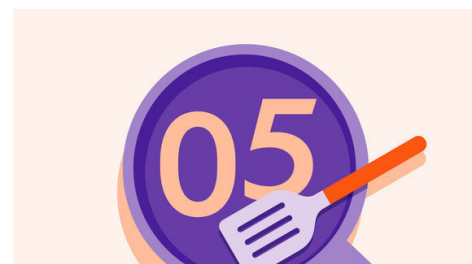
### 4. Make gravy

Transfer **meatloaf and broccoli** to a platter and cover to keep warm. Add **2 teaspoons oil** and **remaining 1 teaspoon chopped garlic** to same skillet. Cook over medium-high 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.



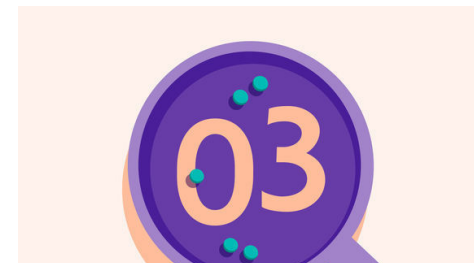
### 2. Prep broth & meatloaf

Trim stem ends from **broccoli**; cut crowns into 1-inch florets. Peel and finely chop **2 teaspoons garlic**. In a liquid measuring cup, stir **broth concentrate**, **⅔ cup water**, and **2 teaspoons flour**. In a medium bowl, knead to combine **turkey**, **panko**, **1½ teaspoons poultry seasoning**, **1 large egg**, **1 teaspoon garlic**, **1 teaspoon salt**, and a **pinch of pepper**.



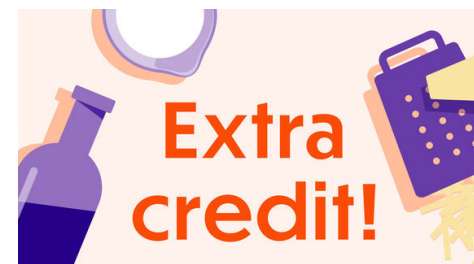
### 5. Mash potatoes & serve

Return saucepan with **sweet potatoes** to medium heat. Add **2 tablespoons butter** and mash with a potato masher or fork until smooth; season to taste with **salt** and **pepper**. Slice **turkey meatloaf** and serve with **roasted broccoli** and **sweet potato mash** alongside. Pour **gravy** over top. Enjoy!



### 3. Roast meatloaf & broccoli

Form **turkey** into a 6-inch oval and place in a **lightly oiled** medium ovenproof skillet; drizzle with **oil**. Roast on upper oven rack for 10 minutes; remove from oven. Scatter **broccoli** around. Drizzle broccoli with **oil**; season with **salt** and **pepper**. Roast on upper oven rack until meatloaf reads an internal temperature of 165°F and broccoli is crisp-tender, about 15 minutes.



### 6. Make it ahead!

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