

DINNERLY



Feta & Sun-Dried Tomato Meatloaf with Roasted Carrots



30-40min



2 Servings

It's cheesy. It's tangy. It's a little sweet. It's 100% delicious. Who needs a plus one, when you can have all the quality time you need with this jazzed up meatloaf and roasted veggies? Spiked with feta and sun-dried tomatoes, then hit with a vinaigrette to balance everything, this is the meatloaf you deserve tonight. We've got you covered.

WHAT WE SEND

- 1 oz sun-dried tomatoes
- 8 oz carrots
- garlic (use 2 large cloves)
- 1 medium red onion
- 10 oz ground beef
- 1 oz panko ²
- 1 piece feta cheese ³

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- 1 large egg ¹
- balsamic (or white wine vinegar)

TOOLS

- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 830kcal, Fat 60g, Carbs 39g, Protein 37g



1. Prep ingredients

Preheat oven to 425°F with a rack in the upper third. Finely chop **sun-dried tomatoes**. Scrub and trim ends from **carrots**, halve lengthwise, then cut into 2-inch thick pieces. Finely chop **1 teaspoon garlic**. Quarter **onion**, then finely chop ¼ cup, leaving remaining wedges whole.



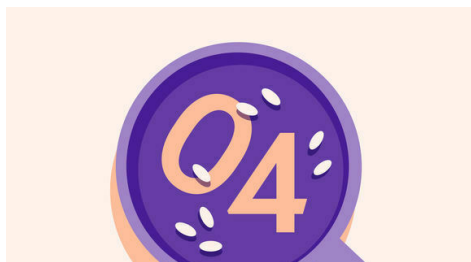
2. Start roasting carrots

On a rimmed baking sheet, toss **carrots** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on upper oven rack, about 5 minutes.



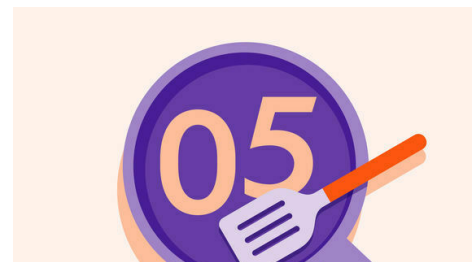
3. Season & shape beef

Meanwhile, in a medium bowl, combine **beef**, **crumbled feta**, **sun-dried tomatoes**, **panko**, **chopped garlic** and **onions**, **1 large egg**, ½ **teaspoon salt**, and a **few grinds of pepper**. Divide beef into 2 equal-sized ovals.



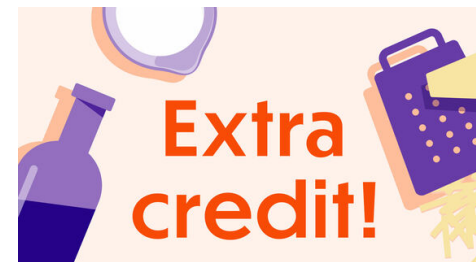
4. Roast meatloaf & veggies

Separate **remaining onion wedges** into pieces and add to baking sheet with **carrots**, carefully tossing to combine. Push veggies to the sides of baking sheet, then place **meatloaves** in center. Roast on upper oven rack until a thermometer inserted into meatloaves reaches 165°F internally, and veggies are tender and browned, 20–22 minutes. Transfer meatloaves to plates.



5. Make dressing & serve

Meanwhile, in a small bowl, whisk **2 tablespoons each of vinegar and oil** with **1 tablespoon water**; season with **salt** and **pepper**. Pour **dressing** over **roasted veggies** on baking sheet, tossing to combine. Whisk **juices** on baking sheet, scraping up any browned bits, then spoon **juices** over **meatloaves**. Serve **meatloaves** with **roasted veggies** alongside. Enjoy!



6. Carbo load!

We love a low carb dinner, but if you're in the mood for a little something extra, mashed potatoes are always a good idea!