

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
- 1 medium red onion
- 1 piece feta cheese ²
- 10 oz grass-fed ground beef
- 1 oz panko 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), Milk (2), Wheat (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

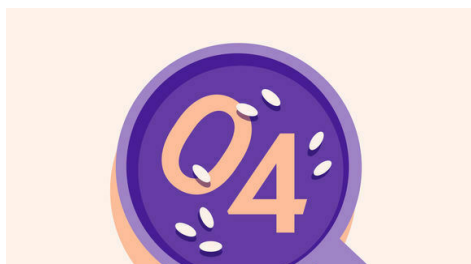
Preheat oven to 425°F with a rack in the upper third.

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.

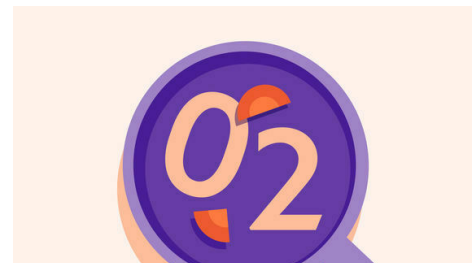


4. Roast meatloaf & veggies

Separate the layers of the **onion wedges** and add to baking sheet with **carrots**, using tongs or a spoon to carefully toss and combine. Push veggies to edges of baking sheet, then place **meatloaves** in center.

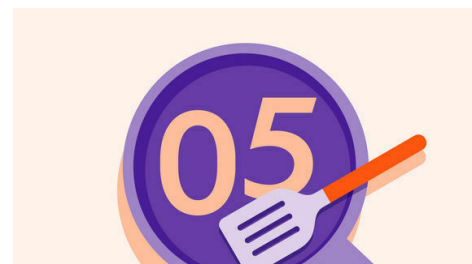
Roast on upper oven rack until a thermometer inserted into meatloaves reaches 165°F internally, and veggies are tender and browned, 20–22 minutes.

Transfer meatloaves to plates



2. Start roasting carrots

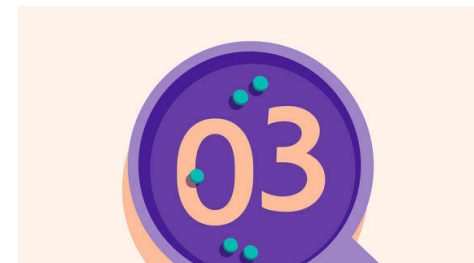
On a rimmed baking sheet, toss **carrots** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on upper oven rack, about 5 minutes.



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. Spoon some of this pan sauce over meatloaves.

Serve **meatloaves** with **roasted veggies** alongside. Enjoy!

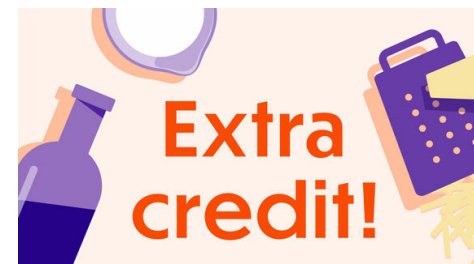


3. Season & shape beef

While **carrots** start roasting, crumble **feta** into a medium bowl.

Add **beef**, **sun-dried tomatoes**, **panko**, **chopped garlic** and **onions**, **1 large egg**, ½ **teaspoon salt**, and **a few grinds of pepper**. Gently knead to combine.

Divide beef into 2 equal-sized ovals.



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!

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at dinnerly.com    **#dinnerly**