

DINNERLY



Mini Skillet Meatloaves with Mashed Potatoes & Buttery Broccoli



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! It's all covered in a luscious gravy for the optimal ratio of OH and AHs. We've got you covered!

WHAT WE SEND

- 2 russet potatoes
- ½ lb broccoli
- garlic
- 10 oz pkg grass-fed ground beef
- 1½ oz pkt Worcestershire sauce ⁴
- 1 oz pkt panko ¹
- 1 pkt beef broth concentrate

WHAT YOU NEED

- kosher salt & ground pepper
- butter ⁷
- olive oil
- 1 large egg ³
- all-purpose flour ¹

TOOLS

- medium saucepan
- potato masher or fork
- medium (1½ qt) baking dish
- medium skillet

ALLERGENS

Wheat (1), Egg (3), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

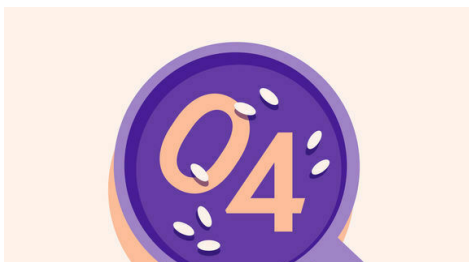
NUTRITION PER SERVING

Calories 1050kcal, Fat 71g, Carbs 67g, Protein 38g



1. Cook potatoes

Peel **potatoes**; cut into 1-inch pieces. Place in a medium saucepan. Add **1 teaspoon salt** and enough water to cover by 1 inch. Cover; bring to a boil. Uncover; cook until easily pierced with a fork, 9–10 minutes. Reserve **¼ cup cooking water**. Drain and return potatoes to saucepan. Add reserved cooking water and **2 tablespoons butter** to potatoes; mash until smooth. Cover to keep warm.



4. Cook meatloaves

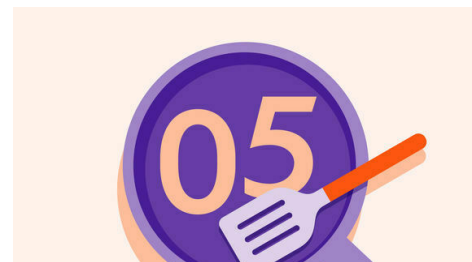
Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **patties** and cook until well browned and reaches 160°F internally, 2–3 minutes per side (reduce heat if browning too quickly). Transfer to a plate. Return skillet to stovetop.



2. Roast broccoli

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

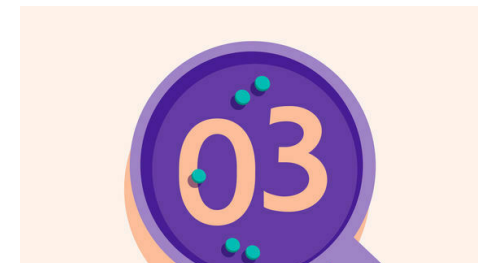
Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. In a medium baking dish, toss with **1 tablespoon oil** and **a pinch each of salt and pepper**. Roast on upper oven rack until tender and browned in spots, 12–15 minutes. Remove from oven, then carefully toss with **1 tablespoon butter**. Cover to keep warm.



5. Make gravy & serve

Heat **1 tablespoon oil** in same skillet over medium-high. Add **remaining chopped garlic** and **1 tablespoon flour**; cook until fragrant, 1 minute. Whisk in **broth concentrate** and **¾ cup water**; bring to a simmer. Cook until thick enough to coat the back of a spoon, 1–2 minutes. Season with **salt and pepper**.

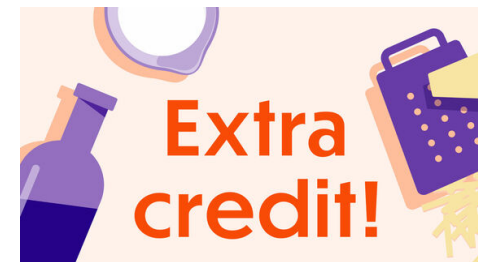
Serve **meatloaves** with **potatoes, gravy,** and **broccoli**. Enjoy!



3. Shape meatloaves

Finely chop **2 teaspoons garlic**.

In a medium bowl, combine **ground beef**, **Worcestershire sauce**, **⅓ cup panko**, **1 large egg**, **1 teaspoon each of chopped garlic and salt**, and **a few grinds of pepper**. Divide meatloaf mixture into 4 equal portions, then form each into flat (3-inch) patties.



6. Make it ahead!

Mix and shape the meatloaf patties ahead of time and hold them in an airtight container in the fridge until you're ready to cook!

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**