



Turkey Meatloaf & Green Beans

with Parsnip-Potato Mash



30-40min



2 Servings

Meatloaf with mashed potatoes is a guaranteed hit. We stuck to the classic, but with small tweaks to channel warming fall flavors. Here we season ground turkey with fresh sage and onions. We take it one step further, adding parsnips to creamy mashed potatoes. Snappy roasted green beans and gravy round out the autumn vibes.

What we send

- 2 (½ lb) russet potatoes
- ½ lb parsnips
- 1 yellow onion
- ¼ oz fresh sage
- ½ lb green beans
- 10 oz pkg ground turkey
- 2 pkts turkey broth concentrate
- 1 oz panko ³
- 1 oz cream cheese ²

What you need

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

Tools

- medium saucepan
- medium skillet
- rimmed baking sheet
- potato masher or fork

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 930kcal, Fat 44g, Carbs 94g, Protein 43g



1. Boil potatoes & parsnips

Preheat oven to 450°F with a rack in the upper third. Peel **potatoes** and **parsnips**; cut into 1-inch pieces. Transfer to a medium saucepan. Add enough cold **salted water** to cover by 1-inch. Cover and bring to a boil. Uncover and cook until vegetables are tender, 10-12 minutes. Drain and return to saucepan.



2. Prep ingredients

Finely chop **¼ cup onion**. Pick **half of the sage leaves** from **stems**; finely chop, discarding stems (save remaining onion and sage for own use). Trim stem ends from **green beans**. Heat **1 tablespoon oil** in a medium skillet over medium. Add **chopped onions**; cook, stirring, until softened, about 2 minutes. Stir in **chopped sage**; cook until fragrant, about 1 minute.



3. Make meatloaves

Transfer **sautéed onions** to a large bowl and allow to cool slightly (reserve skillet for step 6). To bowl with onions, add **turkey**, **1 packet broth concentrate** (reserve remaining packet for step 6), **1 large egg**, **¼ cup panko**, **½ teaspoon salt**, and **a few grinds of pepper**; knead to combine. Form meatloaf mixture into 2 (4-inch) long oval patties.



4. Roast beans & meatloaves

On a rimmed baking sheet, toss **green beans** with **2 teaspoons oil** and season with **salt** and **pepper**. Place **meatloaves** on baking sheet between green beans and roast on upper oven rack until green beans are tender and charred, and meatloaves are firm to the touch and reach 165°F internally, 15-20 minutes (watch closely as ovens vary).



5. Mash potatoes & parsnips

Reheat **potatoes and parsnips** over medium. Add **cream cheese** and **2 tablespoons butter**; cook, stirring and mashing with a potato masher or fork, until smooth and warmed through, about 3-5 minutes. Season to taste with **salt** and **pepper**. Cover to keep warm off heat.



6. Make gravy & serve

Heat **1 tablespoon oil** in reserved skillet over medium-high. Add **1 tablespoon flour**; cook, stirring, until golden, 1-2 minutes. Slowly whisk in **1 cup water** and **remaining broth concentrate**; bring to a simmer. Cook, stirring, until thickened to coat a spoon, 3-5 minutes. Season with **salt** and **pepper**. Serve **meatloaves** with **mash**, **green beans**, and **gravy**. Enjoy!