

# DINNERLY



## HoneyRacha-Glazed Meatloaf with Carrot & Parsnip Fries

 1h  2 Servings

The cafeteria mystery meat of your childhood can't hold a candle to a savory, satisfying homemade meatloaf, especially when you're doing it Dinnerly-style. Instead of plain ol' ketchup on top, how about a sweet and spicy sauce that you'll be thinking about for days? We've got you covered!

#### WHAT WE SEND

- ½ lb carrots
- 1 parsnip
- garlic
- 1 oz scallions
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>1,6</sup>
- 2 (1 oz) HoneyRacha

#### WHAT YOU NEED

- neutral oil
- all-purpose flour <sup>1</sup>
- kosher salt & ground pepper
- 1 large egg <sup>3</sup>
- ketchup

#### TOOLS

- rimmed baking sheet

#### COOKING TIP

Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

#### ALLERGENS

Wheat (1), Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### NUTRITION PER SERVING

Calories 700kcal, Fat 39g, Carbs 56g, Proteins 34g



#### 1. Prep veggie fries

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

Peel **carrots** and **parsnips**; cut lengthwise into ½-inch thick sticks. Toss on a rimmed baking sheet with **2 tablespoons oil** and **1 teaspoon flour**; season with **salt** and **pepper**.



#### 2. Make meatloaves

Finely chop **1 teaspoon garlic**. Trim ends from **scallions** and thinly slice.

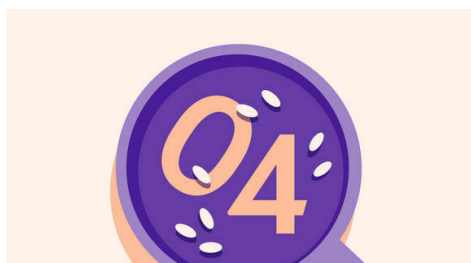
In a medium bowl, mix or knead to combine **beef**, **panko**, **garlic**, **half of the scallions**, **½ teaspoon salt**, **1 large egg**, and **a few grinds of pepper**. Form into 2 (5-inch) meatloaves and transfer to baking sheet with **veggies**.



#### 3. Make sauce & bake

In a small bowl, stir to combine **all of the Honeyracha** and **3 tablespoons ketchup**; spread **1 tablespoon sauce** over each **meatloaf**.

Bake **meatloaves** and **veggies** on upper oven rack until meatloaves are cooked through and reach 160°F internally, and veggies are browned and tender, tossing halfway through cooking time, about 20 minutes.



#### 4. Serve

Serve **HoneyRacha-glazed meatloaves** with **carrot and parsnip fries** alongside and **remaining HoneyRacha** on the side for dipping. Garnish with **remaining sliced scallions**. Enjoy!



#### 5. ...

What were you expecting, more steps?



#### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!