

Plant-Based Ground Meatloaf & Gravy

with Peas, Carrots & Creamy Mash



40min



2 Servings

Sometimes, you just can't beat classic eats, and what's more classic than a juicy meatloaf smothered in gravy? Buttery peas and carrots and garlicky mashed potatoes cozy up to a savory plant-based ground meatloaf. Don't be shy about pouring the fresh thyme-scented gravy all over this hearty plate!

What we send

- 1 yellow onion
- 2 russet potatoes
- 2 carrots
- ¼ oz fresh thyme
- 1 pkt vegetable broth concentrate
- ½ lb pkg plant-based ground ^{1,6,15}
- 1 oz panko ¹
- 2 (2½ oz) peas
- 1 oz cream cheese ⁷

What you need

- butter ⁷
- olive oil
- kosher salt & pepper
- 1 large egg ³
- ¼ cup milk ⁷
- all-purpose flour ¹
- garlic

Tools

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

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 950kcal, Fat 47g, Carbs 96g, Protein 38g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Finely chop **onion**. Slice **2 large garlic cloves**. Peel **potatoes**, then cut into 1-inch pieces. Scrub and trim **carrots**, then cut into ½-inch pieces. Pick and coarsely chop **1½ teaspoons thyme leaves**. In a liquid measuring cup, stir to combine **broth concentrate** with **¾ cup water**.



4. Cook peas & carrots

Meanwhile, add **carrots** to boiling water and cook until tender, 6–8 minutes. Add **peas** and cook, 2 minutes more. Use a slotted spoon to transfer veggies to a medium bowl. Add **1 tablespoon butter** and toss to coat until butter is melted. Cover to keep warm. Return pot of water to a boil.



2. Cook garlic butter, onion

Melt **2 tablespoons butter** in a medium skillet over medium heat. Add **half of the garlic** and cook, stirring occasionally, until butter is lightly browned and golden, 2–3 minutes. Transfer to a small bowl. Add **onions** and **1 tablespoon oil** to skillet. Cook over medium-high, stirring, until onions are softened, 4–5 minutes. Transfer ¾ of the onions to a medium bowl. Set skillet aside.



5. Make mashed potatoes

Add **potatoes** and **remaining sliced garlic** to pot with boiling water. Cook over high until potatoes are tender when pierced with a knife, about 10 minutes. Drain potatoes and garlic, then return to pot over low heat. Add **cream cheese** and **¼ cup milk or water** and mash with a potato masher or fork until smooth. Season with **salt**. Remove from heat and stir in **garlic butter**.



3. Form & bake meatloaf




Bring a medium saucepan of **salted water** to a boil. To **onions** in bowl, add **plant-based ground, panko, ¾ chopped thyme, 1 large egg, 1 teaspoon salt, and pepper**; knead to combine. Form into a 6-inch meatloaf and place on a rimmed baking sheet; drizzle with **oil**. Bake on center oven rack until browned and firm to the touch, about 20 minutes.



6. Make gravy & serve

Meanwhile, add **remaining chopped thyme** and **1 tablespoon flour** to **cooked onions** in skillet over medium-high. Cook until fragrant, about 1 minute. Add **broth** and simmer until thickened, about 4 minutes. Slice **meatloaf** crosswise. Serve with **mashed potatoes** and **peas and carrots** alongside. Spoon **gravy** over top. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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