

# Classic Beef Meatloaf

with Cheddar-Chive Smashed Potatoes and Roasted Broccoli

30 Minutes





**Ground Beef** 







Broccoli, florets



Shallot







Soy Sauce



Sour Cream



Cheddar Cheese, shredded



Panko Breadcrumbs

# Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

#### **Bust Out**

2 Baking sheets, medium bowl, colander, measuring spoons, potato masher, box grater, aluminum foil, measuring cups, large pot

# Ingredients

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	2 Person	4 Person
Ground Beef	250 g	500 g
Russet Potato	460 g	920 g
Broccoli, florets	227 g	454 g
Shallot	50 g	100 g
Chives	7 g	7 g
Ketchup	⅓ cup	½ cup
Soy Sauce	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Cheddar Cheese, shredded	½ cup	1 cup
Panko Breadcrumbs	⅓ cup	½ cup
Milk*	⅓ cup	½ cup
Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

<sup>\*</sup> Pantry items

## Allergens

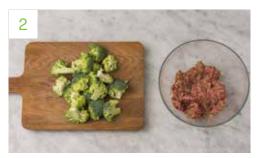
Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



# Prep & cook potatoes

Peel, then cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (NOTE: Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.



### Prep

Cut **broccoli florets** into bite-sized pieces. Peel, then coarsely grate **shallot** using a box grater. Thinly slice **chives**. In a medium bowl, combine **beef** with **shallots**, **soy sauce**, **breadcrumbs** and ½ **tsp salt** (dbl for 4ppl). Season with **pepper**.



#### Roast meatloaves

On a foil-lined baking sheet divide **beef mixture** in half (divide into four for 4 ppl)
and form each portion into 1-inch thick ovals.
Spread **ketchup** over tops of **meatloaves**.
Bake in the **top** of the oven until cooked through, 12-14 min.



# Roast broccoli

On another baking sheet, toss **broccoli** with **1 tbsp oil** (dbl for 4ppl). Season with **salt** and **pepper**. Roast in the **middle** of the oven until tender, 10-12 min.



# Finish smashed potatoes

When the **potatoes** are tender, drain and return to the same pot. Add **sour cream**, 1/4 **cup milk** and **1 tbsp butter** (dbl both for 4ppl). Using a **potato masher**, mash together until creamy. Stir in **cheddar** and **half the chives** and season with **salt** and **pepper**.



#### Finish & serve

Divide cheddar-chive smashed potatoes, broccoli and meatloaves between plates. Sprinkle over remaining chives.

# Dinner Solved!

#### Contact

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<sup>\*\*</sup> Cook to a minimum internal temperature of 71°C/160°F.