



In your box

2 Garlic Cloves
2 Provolone Slices
8 oz. Green Beans
1 Red Bell Pepper
2 oz. Ricotta
2 tsp. Savory Seasoning
¼ tsp. Red Pepper Flakes
8 fl. oz. Marinara Sauce
½ oz. Grated Parmesan

Customize It Options

12 oz. Ground Turkey
12 oz. Impossible Burger
10 oz. Ground Beef

*Contains: milk

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Muffin Tin, Mixing Bowl, Medium Non-Stick Pan



Provolone-Stuffed Turkey Mini Meatloaves

with spicy green beans and peppers

NUTRITION per serving—Calories: 545, Carbohydrates: 26g, Fat: 29g, Protein: 47g, Sodium: 1540mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Mild

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **450 degrees**
- Prepare a baking sheet with foil
- Prepare a muffin tin with cooking spray
- Ingredient(s) used more than once: **garlic**

Customize It Instructions

- If using **ground beef**, follow same instructions as ground turkey in Steps 2 and 3, cooking until browned and beef reaches a minimum internal temperature of 160 degrees, 16-18 minutes.
- If using **Impossible Burger**, follow same instructions as ground turkey in Steps 2 and 3, cooking until heated through 16-18 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Tear **provolone** slices into small pieces and press together into four stacks.
- Trim ends off **green beans**.
- Stem, seed, remove ribs, and slice **red bell pepper** into thin strips.
- Mince **garlic**.



2

Make and Form the Meatloaves

- Thoroughly combine **ground turkey**, **ricotta**, **savory seasoning**, and a pinch of **salt** in a mixing bowl.
- Divide turkey mixture into four equal-sized balls. Press your thumb into center of each ball and place a **provolone cheese stack** in the well. Close meat around cheese and re-form into a ball. *Form a tight seal so cheese stays inside meat.*



3

Bake the Meatloaves

- Place **meatloaf balls** in prepared muffin tin and press meat into tin to form muffin shape. Press around the edges of each cup to seal thoroughly.
- Place muffin tin on prepared baking sheet to catch any drips. Bake in hot oven until golden brown and **ground turkey** reaches a minimum internal temperature of 165 degrees, 15-18 minutes.
- While meatloaves bake, cook vegetables.



4

Cook the Vegetables

- Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil**, **green beans**, **red bell pepper**, and a pinch of **salt** and **pepper** to hot pan. Stir occasionally until vegetables are tender, but still slightly crisp, 7-9 minutes.
- Add half the **garlic** (reserve remaining for sauce) and cook until aromatic, 30-60 seconds.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes*
- Add **red pepper flakes** (to taste) and remove vegetables to a plate. Keep pan over medium-high heat.



5

Make Sauce and Finish Dish

- Add 1 tsp. **olive oil** and remaining **garlic** to hot pan. Cook until aromatic, 30-60 seconds.
- Add **marinara** and stir occasionally until warmed through, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, placing **meatloaves** in half the sauce and topping them with remaining sauce. Garnish meatloaves and **vegetables** with **Parmesan**. Bon appétit!