



In your box

- 4 oz. Corn Muffin Mix
- 1 tsp. Sugar
- 2 Tbsp. Panko Breadcrumbs
- 1 oz. Shredded Cheddar Cheese
- 8 oz. Green Beans
- 1 Shallot
- 🔪 .7 oz. Diced Jalapeño Pepper
- 3 oz. BBQ Sauce

🔪 2 tsp. BBQ Spice Rub

- #### Customize It Options
- 10 oz. Ground Beef
 - 20 oz. Double Portion Ground Beef
 - 12 oz. Ground Turkey
 - 12 oz. Impossible Burger
 - 10 oz. Ground Pork

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Muffin Tin, 2 Mixing Bowls, Baking Sheet, Medium Non-Stick Pan

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



St. Louis-Style BBQ Meatloaf

with jalapeño cheddar muffins and shallot green beans

NUTRITION per serving—Calories: 777, Carbohydrates: 83g, Sugar: 27g, Fiber: 4g, Protein: 34g, Sodium: 1628mg, Fat: 36g, Saturated Fat: 14g
 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

45-55 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Medium

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray
- Prepare a muffin tin with cooking spray
- Ingredient(s) used more than once: **BBQ sauce**

Customize It Instructions

- If using **20 oz. ground beef**, follow same instructions in Step 2, making four loaves instead of two.
- If using **ground turkey**, follow same instructions as ground beef in Step 2, roasting until turkey reaches minimum internal temperature, 25-30 minutes.
- If using **Impossible burger**, follow same instructions as ground beef in Step 2, roasting until burger is heated through, 20-25 minutes.
- If using **ground pork**, follow same instructions as ground beef in Step 2, roasting until pork reaches minimum internal temperature, 21-25 minutes.



1. Prepare the Ingredients

- Trim ends off **green beans**.
- Peel and halve **shallot**. Slice thinly.



2. Bake the Meatloaves

- In a mixing bowl, combine **panko** and 2 Tbsp. **water**. Let sit, 2 minutes.
- After 2 minutes, add **ground beef**, **seasoning rub**, ¼ tsp. **salt**, and a pinch of **pepper** and thoroughly combine. Form into two evenly-sized oval-shaped loaves.
- Place loaves on prepared baking sheet. Top evenly with half the **BBQ sauce** (reserve remaining for garnish) and **sugar**.
- Bake in hot oven until loaves reach a minimum internal temperature of 160 degrees, 20-25 minutes, rotating sheet 180 degrees halfway through.
- While meatloaves bake, bake muffins.



3. Bake the Muffins

- In another mixing bowl, combine **corn muffin mix**, half the **cheese** (reserve remaining for topping), **jalapeño** (to taste), and ¼ cup **water** until a loose batter forms.
- Divide batter evenly into four cups of prepared muffin tin. Top with remaining cheese.
- Bake in hot oven until muffin tops start to crack, 14-17 minutes, rotating muffin tin 180 degrees halfway through.
- While muffins bake, cook green beans.



4. Cook the Green Beans

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **shallot** and cook until starting to soften, 2-3 minutes.
- Add green beans and cook, 1 minute.
- Add ¼ cup **water**, ¼ tsp. **salt**, and a pinch of **pepper**. Cover, and cook until tender, 6-8 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes*
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **meatloaf** with remaining **BBQ sauce**. Bon appétit!