



In your box

- 1 tsp. Tomato Paste
- 12 oz. Cauliflower Florets
- ¼ oz. Sherry Vinegar
- 2 oz. Shredded Mozzarella
- ½ tsp. Garlic Salt
- 1 Roma Tomato
- ½ fl. oz. Honey
- ¼ cup Italian Panko Blend

Customize It Options

- 12 oz. Ground Turkey
- 10 oz. Ground Beef
- 10 oz. Ground Pork

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray
 Baking Sheet, Mixing Bowl,
 Small Non-Stick Pan,
 Large Non-Stick Pan

Minimum Internal Protein Temperature

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

Classic Meal Kit



Mozzarella Turkey Meatloaf and Tomato Jam

with garlic cauliflower

NUTRITION per serving—Calories: 546, Carbohydrates: 23g, Sugar: 11g, Fiber: 4g, Protein: 43g, Sodium: 1639mg, Fat: 27g, Saturated Fat: 8g
 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

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray



1. Make and Bake the Meatloaves

- In a mixing bowl, combine **turkey, panko, cheese, ¼ tsp. salt,** and a pinch of **pepper**. Form mixture into two evenly-sized oval-shaped meatloaves.
- Place meatloaves on prepared baking sheet. Bake in hot oven until meatloaves reach a minimum internal temperature of 165 degrees, 20-25 minutes.
- While meatloaves bake, prepare ingredients.



2. Prepare the Ingredients

- Cut **cauliflower florets** into 1" pieces.
- Core **tomato** and cut into ¼" dice.

Customize It Instructions

- If using **ground pork**, follow same instructions as turkey in Step 1, roasting in hot oven until pork reaches minimum internal temperature, 20-25 minutes.
- If using **ground beef**, follow same instructions as turkey in Step 1, roasting in hot oven until beef reaches minimum internal temperature, 20-25 minutes.



3. Cook the Cauliflower

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **cauliflower, ¼ tsp. salt,** and a pinch of **pepper** to hot pan. Stir occasionally until browned, 3-5 minutes.
- Stir in 2 Tbsp. **water** and **garlic salt**. Cover, and cook until cauliflower is tender, 6-8 minutes.
- Remove from burner.



4. Make the Tomato Jam

- Place a small non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **tomato** to hot pan and stir occasionally until slightly softened, 3-4 minutes.
- Stir in **honey, tomato paste,** half the **sherry vinegar,** 1 Tbsp. **water,** and a pinch of **salt**. Bring to a boil.
- Once boiling, remove from burner. Taste, and stir in remaining sherry vinegar if desired.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **meatloaf** with **tomato jam**. Bon appétit!