



In your box

- 8 oz. Broccoli Florets
- .42 oz. Mayonnaise
- 2 Saltine Crackers
- 3 oz. Shiitake Mushrooms
- 🔥 2 fl. oz. Korean BBQ Sauce
- 🔥 1 tsp. Asian Garlic, Ginger & Chile Seasoning
- ½ tsp. Garlic Pepper
- 1 tsp. Multicolor Sesame Seeds

Customize It Options

- 10 oz. Ground Beef
- 12 oz. Impossible Burger
- 10 oz. Ground Pork

*Contains: eggs, wheat, soy

You will need

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

Minimum Internal Protein Temperature

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

Classic Meal Kit



Korean-Style BBQ Meatloaf

with shiitakes and broccoli

NUTRITION per serving—Calories: 536, Carbohydrates: 28g, Sugar: 18g, Fiber: 4g, Protein: 32g, Sodium: 1648mg, Fat: 34g, Saturated Fat: 10g
 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

50-60 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray



1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Stem **mushrooms**. If caps are larger than 1" in diameter, halve or quarter into smaller pieces
- Finely crush **saltines** into crumbs.

2. Make and Bake the Meatloaves

- In a mixing bowl, combine **ground beef**, **seasoning blend**, **cracker crumbs**, **mayonnaise**, and $\frac{1}{4}$ tsp. **salt** until combined and smooth.
- Form ground beef mixture into two evenly-sized football-shaped ovals. Transfer to prepared baking sheet.
- Bake in hot oven until meatloaves reach a minimum internal temperature of 160 degrees, 20-25 minutes.
- While meatloaves bake, cook broccoli.

Customize It Instructions

- If using **Impossible burger**, follow same instructions as ground beef in Step 2, baking until heated through, 20-25 minutes.
- If using **ground pork**, follow same instructions as ground beef in Step 2, baking until pork reaches minimum internal temperature, 20-25 minutes.



3. Cook the Broccoli

- Place a medium non-stick pan over medium heat and add 1 Tbsp. **olive oil**.
- Add **broccoli**, **mushrooms**, and 1 Tbsp. **water** to hot pan. Cover, and cook until water is almost completely evaporated, 5-6 minutes.
- Uncover, add **garlic pepper** and a pinch of **salt**. Stir occasionally until broccoli is tender, 2-3 minutes.
- Season with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper** and remove from burner. Cover and set aside.



4. Sauce the Meatloaves

- Carefully remove baking sheet from oven. Top **meatloaves** evenly with half the **BBQ sauce** (use less if spice-averse).
- Bake again until sauce is warmed through, 5-6 minutes.



5. Finish the Dish

- Plate dish as pictured on front of card, topping meatloaves with remaining BBQ sauce (to taste). Garnish **vegetables** with **sesame seeds**. Bon appétit!