



### In your box

- 2 tsp. Chicken Broth Concentrate
- 3 oz. Shredded Red Cabbage
- ½ fl. oz. Honey
- 2 tsp. Grained Dijon Mustard
- ¼ cup Italian Breadcrumbs
- 2 Green Onions
- .3 oz. Butter
- 8 oz. Brussels Sprouts
- 2 tsp. Savory Seasoning

### Customize It Options

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

\*Contains: milk, wheat

### You will need

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

### Minimum Internal Protein Temperature

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

Classic Meal Kit



## Honey Mustard Pork Meatloaf

with red cabbage and Brussels sprouts

NUTRITION per serving—Calories: 523, Carbohydrates: 32g, Sugar: 11g, Fiber: 6g, Protein: 32g, Sodium: 1385mg, Fat: 31g, 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

**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
- Ingredient(s) used more than once: **green onions, butter**



### 1. Prepare Ingredients and Form Meatloaves

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Trim ends off **Brussels sprouts** and cut into  $\frac{1}{4}$ " slices.
- In a mixing bowl, thoroughly combine **ground pork**, white portions of green onions, **breadcrumbs**, **seasoning blend**, and a pinch of **pepper**.
- Form pork mixture into two equally-sized loaves.



### 2. Roast the Meatloaves

- Place **meatloaves** on prepared baking sheet.
- Roast in hot oven until meatloaves reach a minimum internal temperature of 160 degrees, 22-26 minutes.
- After 13 minutes, cook vegetables.

## Customize It Instructions

- If using **ground turkey**, follow same instructions as ground pork in Steps 1 and 2, roasting in hot oven until meatloaves reach minimum internal temperature, 24-28 minutes.
- If using **Impossible burger**, follow same instructions as ground pork in Steps 1 and 2, roasting in hot oven until meatloaves are heated through, 22-26 minutes.



### 3. Cook the Vegetables

- After meatloaves have roasted 13 minutes, place a large non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **Brussels sprouts** to hot pan and cook undisturbed until beginning to brown, 2-3 minutes.
- Add **green portions of green onions** and **cabbage**. Stir occasionally until cabbage is tender, 5-7 minutes.
- Stir in half the **butter** (reserve remaining for sauce) and a pinch of **salt**. Remove from burner.



### 4. Make the Sauce

- Place a small non-stick pan over medium heat.
- Add **chicken broth concentrate**, **honey**, **mustard**, and 2 Tbsp. **water** to hot pan. Bring to a simmer.
- Once simmering, stir constantly until sauce is slightly thickened, 1-2 minutes.
- Remove from burner and swirl in remaining **butter**.



### 5. Finish the Dish

- *If desired, slice meatloaves into  $\frac{1}{2}$ " slices.*
- Plate dish as pictured on front of card, topping **meatloaves** with **sauce**. Bon appétit!