



In your box

- 2 oz. Ricotta
- 3 Tbsp. Roasted Red Pepper Pesto
- 2 Tbsp. Italian Panko Blend
- 12 oz. Cauliflower Florets
- 2 oz. Shredded Parmesan Cheese
- 1 Tbsp. Savory Seasoning
- 6 fl. oz. Marinara Sauce

Customize It Options

- 10 oz. Ground Beef
- 12 oz. Ground Turkey
- 10 oz. Antibiotic-Free Ground Beef
- 12 oz. Impossible Burger
- 12 oz. Ground Chicken

*Contains: milk, wheat

You will need

- Salt
- Mixing Bowl

Minimum Internal Protein Temperature

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

Oven-Ready



Beef Meatloaf Marinara

with red pepper pesto cauliflower

NUTRITION per serving—Calories: 623, Carbohydrates: 26g, Sugar: 10g, Fiber: 6g, Protein: 43g, Sodium: 1722mg, Fat: 38g, Saturated Fat: 15g
 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

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

Customize It Instructions

- If using **Impossible burger**, follow same instructions as beef in Steps 2 and 3, baking covered in hot oven, 15 minutes, then uncovered until heated through, 15-20 minutes.
- If using **ground chicken**, follow same instructions as beef in Steps 2 and 3, baking covered in hot oven, 15 minutes, then uncovered chicken reaches minimum internal temperature, 15- 20 minutes.
- If using **ground turkey**, follow same instructions as beef in Steps 2 and 3, baking covered in hot oven, 15 minutes, then uncovered until turkey reaches minimum internal temperature, 15-20 minutes.



1. Prepare the Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Break **cauliflower** into bite-sized pieces, if necessary. Mix cauliflower, **pesto**, and $\frac{1}{4}$ tsp. **salt** in provided tray until completely combined. Push to one side.



2. Make the Meatloaf

- Combine **ground beef**, **ricotta**, **panko**, and **seasoning blend** in a mixing bowl. Form into two equally-sized loaves.
- Place loaves in empty half of tray.



3. Bake the Dish

- Top **loaves** with **marinara sauce**. Top entire dish with **Parmesan**.
- Cover tray with foil. Bake in hot oven, 15 minutes.
- Carefully remove tray from oven. Carefully remove foil. Bake uncovered in hot oven until loaves reach a minimum internal temperature of 160 degrees, 15-20 minutes.
- Carefully remove tray from oven. Bon appétit!