



#### In your box

- 4 oz. Sliced Red Bell Pepper
- 8 oz. Broccoli Florets
- ¼ cup Italian Panko Blend
- ½ oz. Shredded Parmesan Cheese
- ¼ tsp. Red Pepper Flakes
- ½ tsp. Garlic Salt
- 2 fl. oz. Marinara Sauce
- 2 oz. Ricotta

#### Customize It Options

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

- Salt
- Mixing Bowl

#### 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.

Oven-Ready



## Spicy Italian-Style Beef Meatloaf

with Parmesan broccoli

NUTRITION per serving—Calories: 490, Carbohydrates: 20g, Sugar: 7g, Fiber: 5g, Protein: 37g, Sodium: 1150mg, Fat: 27g, Saturated Fat: 11g  
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

Mild

## Before you cook

All cook times are approximate based on testing.

### Customize It Instructions

- If using **ground turkey**, follow same instructions as ground beef in Steps 2 and 3, baking uncovered in hot oven until turkey reaches minimum internal temperature, 30-35 minutes.
- If using **ground pork**, follow same instructions as ground beef in Steps 2 and 3, baking uncovered in hot oven until beef reaches minimum internal temperature, 25-28 minutes.
- If using **Impossible burger**, follow same instructions as ground beef in Steps 2 and 3, baking uncovered in hot oven until burger reaches minimum internal temperature, 25-28 minutes.



### 1. Prepare the Ingredients

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry.
- Break **broccoli** into bite-size pieces with your hands, if desired.
- Combine broccoli, **red bell pepper**, and ¼ tsp. **salt** to provided tray. Spread into a single layer. Cover tray with foil.
- Bake covered in hot oven, 10 minutes.
- While vegetables bake, make meatloaves.



### 2. Make the Meatloaf

- Combine **ground beef**, **garlic salt**, **ricotta**, and **panko** in a mixing bowl. Form into two equally-sized loaves.
- Carefully remove tray from oven. Push **vegetables** to one side. *Tray will be hot! Use a utensil.*
- Place **loaves** in empty half of tray.



### 3. Bake the Dish

- Bake uncovered in hot oven, 15 minutes.
- Carefully remove tray from oven. Top loaves evenly with **marinara**.
- Bake again uncovered in hot oven until loaves reach a minimum internal temperature of 160 degrees, 5-10 minutes.
- Carefully remove tray from oven. Top **vegetables** with **cheese** and loaves with **red pepper flakes** (to taste). Bon appétit!