



In your box

- 1 Tbsp. Savory Seasoning
- ½ fl. oz. Honey
- 2 fl. oz. Carolina BBQ Sauce
- 1 oz. Crème Fraîche
- 3 Thyme Sprigs
- ½ oz. Roasted Pecans
- ¼ cup Panko Breadcrumbs
- 10 oz. Mashed Sweet Potatoes
- 1 oz. Caramelized Onion Jam

Customize It Options

- 10 oz. Ground Beef
- 10 oz. Ground Turkey

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

- Salt, Cooking Spray
- 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



Honey Carolina BBQ Beef Meatloaf

with French onion sweet potatoes

NUTRITION per serving—Calories: 680, Carbohydrates: 57g, Sugar: 31g, Fiber: 6g, Protein: 31g, Sodium: 1750mg, Fat: 37g, 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
40-50 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 **ground turkey**, follow same instructions as ground beef in Steps 1, 2, and 3, baking uncovered in hot oven until turkey reaches minimum internal temperature, 30-35 minutes.



1. Make the Meatloaves

- Turn oven on to 400 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry. Spray provided tray with **cooking spray**.
- In a mixing bowl, combine **panko** and 2 Tbsp. **water**. Let sit, 1 minute.
- After 1 minute, add **ground beef**, **seasoning blend**, and ¼ tsp. **salt** to mixing bowl with panko-water mixture and thoroughly combine. Form into two loaves, about 3" in length.
- Place loaves in one half of provided tray. Bake uncovered in hot oven, 15 minutes.



2. Add the Sweet Potatoes

- Carefully remove tray from oven. Top **meatloaves** with 1/3 the **BBQ sauce** and half the **honey** (reserve remaining of both for topping).
- Stem **thyme**.
- Add **sweet potatoes** to empty side of tray and stir in ¼ tsp. thyme. Spread into an even layer. Top evenly with **onion jam** and **pecans**.



3. Bake the Meal

- Bake again uncovered in hot oven until **sweet potatoes** are warmed through and **meatloaves** reach a minimum internal temperature of 160 degrees, 10-15 minutes.
- Carefully remove tray from oven. Top meatloaves with remaining **BBQ sauce** (using a clean utensil) and remaining **honey**. Garnish sweet potatoes with **crème fraîche**. Bon appétit!