



### In your box

- 1 tsp. Garlic Salt
- ¼ cup Panko Breadcrumbs
- 2 oz. Ricotta
- 2 oz. Shredded Cheddar Cheese
- .46 oz. Brown Sugar
- 0.95 oz. Ketchup Cup
- 4 oz. Sliced Red Bell Pepper
- 8 oz. Broccoli Florets
- Customize It Options**
- 10 oz. Ground Beef
- 12 oz. Impossible Burger

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

### You will need

- Olive Oil, Salt, Pepper
- 2 Mixing Bowls

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef	Ground Pork		
<b>165°</b>	Chicken	Ground Turkey		

Rest steak or pork after cooking, 3 minutes.

Oven-Ready



# Classic Brown Sugar-Glazed Beef Meatloaf

with cheddar broccoli

NUTRITION per serving—Calories: 610, Carbohydrates: 31g, Sugar: 16g, Fiber: 5g, Protein: 41g, Sodium: 1560mg, Fat: 36g, Saturated Fat: 16g  
 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

**45-55 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 uncovered in hot oven until heated through, 25-27 minutes.



### 1. Prepare the Ingredients

- Turn oven on to 400 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry.
- Break **broccoli** into smaller pieces, if desired.
- Combine broccoli, **red bell peppers**, and 1 tsp. **olive oil** in provided tray.
- Bake uncovered in hot oven until broccoli begins to soften, 8-10 minutes.



### 2. Add the Meatloaves

- Carefully remove tray from oven. Push vegetables to one side of tray. Top with half the **garlic salt** (reserve remaining for meatloaves), a pinch of **pepper**, and **cheese**. *Tray will be hot! Use a utensil.*
- Combine **ground beef**, a pinch of **salt**, **panko**, **ricotta**, and remaining garlic salt in a mixing bowl. Form into two equally-sized loaves and place in empty side of tray.
- Combine **ketchup**, **brown sugar**, and a pinch of **salt** in another mixing bowl. Top meatloaves evenly with ketchup mixture.



### 3. Bake the Dish

- Bake uncovered in hot oven until **vegetables** are tender and **meatloaves** reach a minimum internal temperature of 160 degrees, 25-30 minutes.
- Carefully remove tray from oven. Rest, at least 3 minutes. Bon appétit!