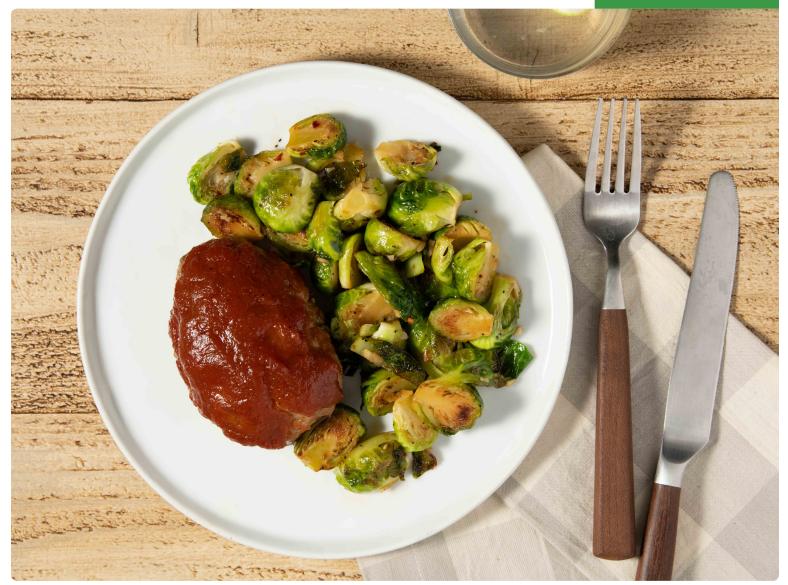


BBQ Glazed Turkey Meatloaf

WITH HOT HONEY BUTTER BRUSSELS SPROUTS

Meal Kit



Prep & Cook Time 30-40 MIN	Cook Within 5 DAYS	You Will Need Olive Oil, Salt, Pepper, Cooking	Ingredients 12 oz. Brussels Sprouts 2 Garlic Cloves
Difficulty Level	Spice Level SPICY	Spray Baking Sheet, Mixing Bowl, Large Non-Stick Pan	 1 tsp. Chipotle Seasoning 1/2 oz. Hot Honey .6 oz. Butter 1/4 cup Panko Breadcrumbs
•••••	•	Ainimum Internal Protein Temperature	¹ / ₄ oz. Dijon Mustard

Chicken

Rest steak or pork after cooking, 3 minutes.

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	

Ground Turkey

View nutritional information at www.homechef.com/18411

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

165°

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

- 1 oz. Smoky BBQ Sauce
- *▶*¹⁄₄ tsp. Red Pepper Flakes **Customize It Options** 10 oz. Ground Turkey 10 oz. Ground Pork 10 oz. Ground Beef

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

Before You Cook

- All cook times are approximate based on testing.
- If using any fresh produce, thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using ground beef, follow same instructions as ground turkey in Steps 1 and 3, roasting until loaves reach minimum internal temperature, 20-25 minutes.
- If using **ground pork**, follow same instructions as ground turkey in Steps 1 and 3, roasting until loaves reach minimum internal temperature, 28-32 minutes.



2. Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Mince garlic.



1. Start the Meatloaves

- In a mixing bowl, combine ground turkey, mustard, panko, ½ tsp. salt, and chipotle seasoning (use less if spice-averse). Form mixture into two equally-sized oval-shaped loaves. Place loaves on prepared baking sheet.
- Roast in hot oven, 15 minutes.
- Meatloaves will finish cooking in a later step.
- While meatloaves roast, continue recipe.



3. Finish the Meatloaves

- Carefully remove **meatloaves** from oven. Top each loaf evenly with **BBQ sauce**.
- Roast again in hot oven until loaves reach a minimum internal temperature of 165 degrees, 5-10 minutes.
- While meatloaves roast, continue recipe.



4. Cook the Brussels Sprouts

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **Brussels sprouts** to hot pan and stir occasionally until tender and browned, 9-11 minutes.
- If pan is dry, add water, 1 Tbsp. at a time, as needed.
- Add ½ tsp. salt, a pinch of pepper, red pepper flakes (to taste), garlic, hot honey (to taste), and butter. Stir occasionally until garlic is fragrant and Brussels sprouts are coated, 2-3 minutes.





5. Finish the Dish

• Plate dish as pictured on front of card. Bon appétit!