



# BBQ Glazed Turkey Meatloaf

WITH HOT HONEY BUTTER BRUSSELS SPROUTS

Meal Kit



**Prep & Cook Time**  
30-40 MIN

**Cook Within**  
5 DAYS

**Difficulty Level**  
INTERMEDIATE

**Spice Level**  
SPICY

**You Will Need**  
Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Mixing Bowl, Large Non-Stick Pan

**Ingredients**  
12 oz. Brussels Sprouts  
2 Garlic Cloves  
🌶️ 1 tsp. Chipotle Seasoning  
🌶️ 1/2 oz. Hot Honey  
.6 oz. Butter  
1/4 cup Panko Breadcrumbs  
1/4 oz. Dijon Mustard  
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

**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.

View nutritional information at [www.homechef.com/18411](http://www.homechef.com/18411)

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

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

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



### 1. Start the Meatloaves

- In a mixing bowl, combine **ground turkey**, **mustard**, **panko**,  $\frac{1}{2}$  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.

### 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**.



### 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  $\frac{1}{4}$  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.
- Remove from burner.



### 5. Finish the Dish

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