



Spinach and Parmesan Turkey Meatloaf

WITH ZUCCHINI AND BELL PEPPER

Classic



Prep & Cook Time

30-40 MIN

Cook Within

5 DAYS

Difficulty Level

INTERMEDIATE

Spice Level

NOT SPICY

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Mixing Bowl, Large Non-Stick Pan

Ingredients

2 Garlic Cloves

1 oz. Shredded Parmesan Cheese

1 Zucchini

1 Red Bell Pepper

.8 oz. Lemon Garlic Butter

½ oz. Sliced Almonds

2 oz. Baby Spinach

4 oz. Marinara Sauce

¼ cup Italian Panko Blend

Customize It Options

10 oz. Ground Turkey

10 oz. Ground Beef

20 oz. Double Portion Ground Turkey

12 oz. Impossible Burger

10 oz. Ground Pork

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/18421

*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
- Ingredient(s) used more than once: **cheese**

Customize It Instructions

- If using **20 oz. ground turkey**, follow same instructions as 10 oz. ground turkey, forming four loaves instead of two.
- If using **ground beef**, follow same instructions as ground turkey in Steps 2 and 3, baking until beef reaches minimum internal temperature, 20-25 minutes.
- If using **ground pork**, follow same instructions as ground turkey in Steps 2 and 3, baking until pork reaches minimum internal temperature, 20-25 minutes.
- If using **Impossible burger**, follow same instructions as ground turkey in Steps 2 and 3, baking until burger is heated through, 20-25 minutes.



1. Prepare the Ingredients

- Coarsely chop **spinach**.
- Trim **zucchini** ends, halve lengthwise, and cut into $\frac{1}{2}$ " slices.
- Remove stem, seeds, and ribs, and cut **bell pepper** into 1" dice.
- Mince **garlic**.



2. Cook Spinach and Form Meatloaves

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **garlic** and **spinach** to hot pan. Stir constantly until wilted, 1-2 minutes.
- Remove from burner. Transfer spinach and garlic to a mixing bowl and let cool, 5 minutes.
- Wipe pan clean and reserve.
- After 5 minutes, add **ground turkey**, **panko**, half the **cheese** (reserve remaining for topping), $\frac{1}{2}$ tsp. **salt**, and $\frac{1}{4}$ tsp. **pepper** to bowl with spinach.
- Mix until combined. Form mixture into two equally-sized, oval-shaped loaves.



3. Bake the Meatloaves

- Place **meatloaves** on prepared baking sheet. Top loaves evenly with **marinara**. Bake in hot oven, 20 minutes.
- Carefully remove baking sheet from oven and top meatloaves with remaining **cheese**. Bake until loaves are browned and reach a minimum internal temperature of 165 degrees, 5-10 minutes.
- While meatloaves bake, continue recipe.



4. Cook the Vegetables

- Return pan used to cook spinach to medium-high heat.
- Add 2 tsp. **olive oil**, **bell pepper**, **zucchini**, and $\frac{1}{4}$ tsp. **salt** to hot pan. Stir occasionally until tender, 6-8 minutes.
- Add **butter** and stir until coated. Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, garnishing vegetables with **almonds**. Bon appétit!