



Parmesan Crusted Beef Meatloaf

WITH GARLIC BREAD AND BRUSSELS SPROUTS

Classic



Prep & Cook Time

30-40 MIN

Cook Within

5 DAYS

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray
2 Baking Sheets, 2 Mixing Bowls

Ingredients

- 10 oz. Ground Beef
- 1 tsp. Italian Seasoning Blend
- 3/4 oz. Roasted Garlic & Herb Butter
- 1/2 tsp. Garlic Salt
- 8 oz. Brussels Sprouts
- 1 oz. Shredded Parmesan Cheese
- 1 Ciabatta
- 4 oz. Marinara Sauce
- 1/4 cup Panko Breadcrumbs
- 1/4 tsp. Red Pepper Flakes

Difficulty Level

INTERMEDIATE

Spice Level

MILD

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.

Customize It Options

- 10 oz. Ground Pork
- 10 oz. Ground Turkey
- 20 oz. Double Portion Ground Beef

View nutritional information at www.homechef.com/21065

*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, sesame, 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 two baking sheets with foil and cooking spray
- Ingredient(s) used more than once: **Parmesan**



Customize It Instructions

- If using **20 oz. ground beef**, follow same instructions as 10 oz. ground beef, forming 4 loaves and working in batches, if necessary.
- If using **ground pork**, follow same instructions as ground beef in Steps 1, 2, and 3, roasting 9 minutes, adding **Brussels sprouts**, then roasting again until pork reaches minimum internal temperature, 12-16 minutes.
- If using **ground turkey**, follow same instructions as ground beef in Steps 1, 2, and 3, baking 16 minutes, adding Brussels sprouts, then roasting again until turkey reaches minimum internal temperature, 12-16 minutes.

1. Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball). In a mixing bowl, combine Brussels sprouts, 2 tsp. **olive oil**, **garlic salt**, ¼ tsp. **pepper**, and **red pepper flakes** (to taste).
- In another mixing bowl, combine half the **panko** and 2 Tbsp. **water**. Let sit, 1 minute.
- After 1 minute, add **ground beef**, **Italian seasoning**, half the **Parmesan** (reserve remaining for topping), ¼ tsp. **salt**, and ¼ tsp. **pepper**. Form mixture into two equally-sized ovals.



2. Start the Meatloaves

- Place **meatloaves** on one side of one prepared baking sheet. Top meatloaves evenly with **marinara**, then remaining **Parmesan**.
- Roast in hot oven, 6 minutes.
- *Meatloaves will finish cooking in a later step.*



3. Finish Meatloaves and Brussels Sprouts

- Remove **meatloaves** from oven. Place **Brussels sprouts** on other half of baking sheet. Spread into an even layer, cut-side down.
- Roast in hot oven until Brussels sprouts are tender and meatloaves reach a minimum internal temperature of 160 degrees, 12-16 minutes.
- While meatloaves and Brussels sprouts roast, continue recipe.



4. Toast the Garlic Bread

- Cut each **ciabatta** half into 4 triangles. Spread **butter** evenly over ciabatta. Place on second prepared baking sheet.
- Toast in hot oven until golden brown, 5-7 minutes.



5. Finish the Dish

- Plate dish as pictured on front of card, slicing **meatloaves**, if desired, and adding any leftover **marinara** from baking sheet. Bon appétit!