



BBQ Turkey Mini Meatloaves

WITH BUTTERNUT SQUASH AND WALNUT PANKO

Express



Prep & Cook Time

15 MIN

Cook Within

4 DAYS

Difficulty Level

EASY

Spice Level

NOT SPICY

You Will Need

Olive Oil, Salt, Pepper
Mixing Bowl, Large Non-Stick Pan, Medium Non-Stick Pan, Microwave-Safe Bowl

Ingredients

- 1 oz. Goat Cheese
- 1/2 tsp. Garlic Pepper
- 1 tsp. Onion Salt
- 2 fl. oz. Carolina BBQ Sauce
- 12 oz. Cubed Butternut Squash
- 1/2 oz. Walnut Halves
- 1/4 cup Italian Panko Blend

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/21610

*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
- Ingredient(s) used more than once: **onion salt**, **panko**



1. Cook the Butternut Squash

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add butternut squash, half the **onion salt** (reserve remaining for meatloaves), **garlic pepper**, and ¼ cup **water** to hot pan. Cover and stir occasionally until tender and lightly browned, 8-12 minutes.
- *If pan becomes dry, add additional water, 1 Tbsp. at a time, as needed.*
- While butternut squash cooks, continue recipe.

Customize It Instructions

- If using **ground beef**, follow same instructions as ground turkey in Steps 2 and 3, cooking until meatloaves reach minimum internal temperature, 5-7 minutes per side.
- If using **ground pork**, follow same instructions as ground turkey in Steps 2 and 3, cooking until meatloaves reach minimum internal temperature, 6-8 minutes per side.



2. Form the Meatloaves

- In a mixing bowl, combine **ground turkey**, remaining **onion salt**, half the **panko** (reserve remaining for walnut panko), and a pinch of **salt** and **pepper**.
- Form into 4 evenly-sized mini meatloaves, about 1½"-thick and 2½"-long.



3. Cook the Meatloaves

- Place a medium non-stick pan over medium heat. Add 1 tsp. **olive oil** and **meatloaves** to hot pan. Cook until golden brown on one side, 4-5 minutes.
- Flip loaves, add 2 Tbsp. **water**, and cover pan. Cook until meatloaves reach a minimum internal temperature of 165 degrees, 4-5 minutes.
- Remove from burner. Add **BBQ sauce** and 1 Tbsp. **water**. Stir sauce to combine and gently flip loaves to coat evenly. Cover and set aside.
- While meatloaves cook, continue recipe.



4. Make Walnut Panko and Finish Dish

- Coarsely chop **walnuts**.
- Add remaining **panko** to a microwave-safe bowl. Microwave until golden-brown, 30-60 seconds, stirring every 10 seconds.
- Carefully remove from microwave. Stir in walnuts and 1 tsp. **olive oil**.
- Plate dish as pictured on front of card, topping **meatloaves** with **sauce** and garnishing **butternut squash** with **cheese** (crumbling, if necessary) and walnut panko. Bon appétit!