



# Cheesy Crispy Onion Turkey Meatloaf

WITH BRUSSELS SPROUTS AND CARROTS

Oven-Ready



**Prep & Cook Time**  
40-50 MIN

**Cook Within**  
5 DAYS

**You Will Need**  
Olive Oil, Salt  
Mixing Bowl, Microwave-Safe Bowl

### Ingredients

- 1/2 fl. oz. Honey
  - 1 tsp. Chopped Garlic
  - 8 oz. Coin Cut Carrots
  - 4 fl. oz. Cream Sauce Base
  - 1 tsp. Garlic Pepper
  - 1/2 oz. Crispy Fried Onions
  - 1 oz. Shredded Cheddar Cheese
  - 4 oz. Shredded Brussels Sprouts
  - 2 Tbsp. Panko Breadcrumbs
- Customize It Options**
- 10 oz. Ground Turkey
  - 10 oz. Ground Pork
  - 10 oz. Ground Beef

**Difficulty Level**  
EASY

**Spice Level**  
NOT SPICY

### 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/23764](http://www.homechef.com/23764)

\*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.

### Customize It Instructions

- If using **ground beef**, follow same instructions as ground turkey in Steps 2 and 3, baking uncovered in hot oven until loaves reach minimum internal temperature, 25-30 minutes.
- If using **ground pork**, follow same instructions as ground turkey in Steps 2 and 3, baking uncovered in hot oven until loaves reach minimum internal temperature, 28-32 minutes.



### 1. Start the Vegetables

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry.
- Place **carrots**, **Brussels sprouts**, 1 tsp. **olive oil**, ¼ tsp. **salt**, and **garlic** in provided tray. Stir to combine. Spread into an even layer.
- Cover tray with foil. Bake covered in hot oven until beginning to soften, 15-20 minutes.
- *Vegetables will finish cooking in a later step.*
- While vegetables bake, continue recipe.



### 2. Add the Meatloaves

- In a mixing bowl, combine **panko**, **ground turkey**, **garlic pepper**, and ¼ tsp. **salt**. Mix until thoroughly combined. Form mixture into two equally-sized, oval-shaped loaves.
- After 15-20 minutes, carefully remove tray from oven.
- Push **vegetables** to one side. *Tray will be hot! Use a utensil.*
- Add meatloaves to now-empty side of tray.



### 3. Bake the Meal

- Bake uncovered in hot oven until **vegetables** are tender and **meatloaves** reach a minimum internal temperature of 165 degrees, 25-30 minutes.
- While meal bakes, add **cream base** to a microwave-safe bowl. Cover with a paper towel. Microwave covered until bubbling and heated through, 1-2 minutes.
- Carefully remove from microwave. Stir in **cheese** and a pinch of **salt** until melted and smooth.
- Carefully remove tray from oven. Stir **honey** into vegetables. *Tray will be hot! Use a utensil.*
- To serve, top meatloaf with sauce and **crispy onions**. Bon appétit!