



Honey Mustard Pork Meatloaf

WITH RED CABBAGE AND BRUSSELS SPROUTS

Meal Kit



Prep & Cook Time

35-45 MIN

Cook Within

5 DAYS

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Mixing Bowl, Small Non-Stick Pan, Large Non-Stick Pan

Ingredients

2 tsp. Savory Seasoning
½ tsp. Garlic Salt
½ oz. Dijon Mustard
2 tsp. Chicken Broth Concentrate
3 oz. Shredded Red Cabbage
½ fl. oz. Honey
¼ cup Italian Breadcrumbs
8 oz. Brussels Sprouts
.6 oz. Butter

Customize It Options

10 oz. Ground Pork
10 oz. Ground Turkey
10 oz. Ground Beef

Difficulty Level

INTERMEDIATE

Spice Level

NOT SPICY

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
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160°	Ground Beef	Ground Pork
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165°	Chicken	Ground Turkey
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Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/24957

*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 a baking sheet with foil and cooking spray
- Only half the **savory seasoning**, **garlic salt** is used in this recipe
- Ingredient(s) used more than once: **butter**

Customize It Instructions

- If using **ground beef**, follow same instructions as ground pork in Steps 1 and 2, roasting until meatloaves reach minimum internal temperature, 25-30 minutes.
- If using **ground turkey**, follow same instructions as ground pork in Steps 1 and 2, roasting until meatloaves reach minimum internal temperature, 20-25 minutes.



1. Prepare Ingredients and Form Meatloaves

- Trim ends off **Brussels sprouts** and cut lengthwise into 1/4" slices.
- In a mixing bowl, thoroughly combine **ground pork**, **breadcrumbs**, half the **savory seasoning** (remaining is yours to use as you please!), 1/4 tsp. **salt**, and a pinch of **pepper**. Form pork mixture into two equally-sized loaves.



2. Roast the Meatloaves

- Place **meatloaves** on prepared baking sheet.
- Roast in hot oven until meatloaves reach a minimum internal temperature of 160 degrees, 20-25 minutes.
- While meatloaves roast, continue recipe.



3. Cook the Vegetables

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **Brussels sprouts** to hot pan. Cook undisturbed until beginning to brown, 2-3 minutes.
- Add **cabbage** and stir occasionally until tender, 5-7 minutes.
- Stir in half the **butter** (reserve remaining for sauce) and half the **garlic salt** (remaining is yours to use as you please!).
- Remove from burner.



4. Make the Sauce

- Place a small non-stick pan over medium heat.
- Add **chicken base**, **honey**, **mustard**, and 2 Tbsp. **water** to hot pan. Bring to a simmer.
- Once simmering, stir constantly until slightly thickened, 1-2 minutes.
- Remove from burner and stir in remaining **butter**.



5. Finish the Dish

- Plate dish as pictured on front of card, slicing **meatloaves** into 1/2" slices, if desired, and topping with **sauce**. Bon appétit!