



Spicy Italian-Style Beef Meatloaf

WITH ROASTED VEGETABLES AND PARMESAN

Oven-Ready



Prep & Cook Time

35-45 MIN

Cook Within

4 DAYS

You Will Need

Olive Oil, Salt
Mixing Bowl

Difficulty Level

EASY

Spice Level

MILD

Ingredients

- 1/2 oz. Shredded Parmesan Cheese
- 2 fl. oz. Marinara Sauce
- 1/4 tsp. Red Pepper Flakes
- 1/2 tsp. Garlic Salt
- 2 oz. Part-Skim Ricotta Cheese
- 4 oz. Sliced Red Bell Peppers
- 8 oz. Broccoli Florets
- 2 Tbsp. Italian Panko Blend
- 10 oz. Ground Beef

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork	Impossible Burger	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/34059

*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, sesame, wheat, egg, soy, milk, fish, and shellfish ingredients.

Recipe designed for use with **silver** tray (as pictured); if you receive a different tray, please contact customer support before cooking.

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.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes



1. Start the Vegetables

- Break **broccoli** into bite-sized pieces with your hands.
- Combine broccoli, **bell peppers** (if you receive a whole bell pepper, cut into 1/2" slices), 2 tsp. **olive oil**, and 1/4 tsp. **salt** in provided tray. Spread into a single layer. Cover tray with foil.
- Bake covered in hot oven, 10 minutes.
- While vegetables bake, continue recipe.



2. Add the Meatloaves

- Combine **ground beef**, **garlic salt**, **ricotta**, and **panko** in a mixing bowl. Form mixture into two equally-sized, oval-shaped loaves, about 3" in length and 2" by height.
- After 10 minutes, carefully remove tray from oven. Push **vegetables** to one side. *Tray will be hot! Use a utensil.*
- Place meatloaves in now-empty side of tray.



3. Bake the Meal

- Bake uncovered in hot oven, 15 minutes.
- Carefully remove tray from oven. Top **meatloaves** evenly with **marinara**.
- Bake again uncovered in hot oven until meatloaves reach a minimum internal temperature of 160 degrees, 10-15 minutes.
- Carefully remove tray from oven.
- To serve, top meatloaf with **red pepper flakes** (to taste) and garnish **vegetables** with **shredded cheese**. Bon appétit!