



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

- 2 Tbsp. Italian Panko Blend
- 8 oz. Broccoli Florets
- 4 oz. Sliced Red Bell Peppers
- 2 oz. Part-Skim Ricotta Cheese
- 1/2 tsp. Garlic Salt
- 1/4 tsp. Red Pepper Flakes
- 2 fl. oz. Marinara Sauce
- 1/2 oz. Shredded Parmesan Cheese
- 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/34315

*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.

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1. Start the Vegetables

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Wash hands thoroughly with soap and warm water before cooking, and after handling raw meat and seafood. Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry.
- Break **broccoli** into bite-sized pieces using hands.
- Combine broccoli, **bell peppers**, 2 tsp. **olive oil**, and ¼ 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!