



NUTRITION per serving 78g carbohydrates 29g fat 43g protein 1547mg sodium | CONTAINS gluten, dairy



Calories
716



Prep & Cook Time
40-50 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Not Spicy



STAFF PICK

Quick Turkey Meatloaf

with mashed potatoes and broccoli

IN YOUR BOX

- 2 Russet Potatoes
- 2 Green Onions
- 2 Garlic Cloves
- 1 ½ oz. Ketchup
- ½ oz. Light Brown Sugar
- 1 oz. Crispy Fried Onions
- 4 fl. oz. 2% Milk
- 12 oz. Ground Turkey
- 6 oz. Broccoli Florets
- .6 oz. Butter

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- 3 Mixing Bowls

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BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **450 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ❑ If you have trouble fitting **potatoes, meatloaves**, and **broccoli** on one baking sheet, use a second one.
- ❑ **Heads Up! Milk** is used twice. 2 Tbsp. are added to **meatloaf mix** and remaining is added to **mashed potatoes**.
- ❑ **Heads Up! Green onions** are used twice. **White portions** are added to **meatloaf mix**, and **green portions** are added to **mashed potatoes**.
- ❑ **Heads Up! Ketchup-brown sugar glaze** is used twice. Half is brushed on **meatloaf** before it's cooked and remaining is brushed on after.

FROM THE CHEF

The potato pouch will be quite hot and filled with steam. Open it with the seam facing away from you. Poke through the foil with a knife to check doneness and safely release steam at the same time.

Did you know...

Meatloaf is an American-ized version of *pâté de campagne*, a common dish throughout the French countryside, where it's considered nostalgic comfort food.



Prepare the Ingredients

Peel and cut **potatoes** into 1" dice. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate. Mince **garlic**. Generously coat a double layer of foil with **cooking spray**, place potatoes on foil, and add 1 Tbsp. **water** and ½ tsp. **salt**. Wrap foil around potatoes, forming a pouch. *Keep potatoes flat to cook evenly. They do not need to be in a single layer.* Place pouch on prepared baking sheet. Combine **ketchup** and **brown sugar** in a small mixing bowl.



Roast the Broccoli

Add **broccoli** to baking sheet next to **meatloaves**. Carefully toss with 2 tsp. **olive oil** and a pinch of **salt** and spread into a single layer. Brush remaining **ketchup-brown sugar glaze** on meatloaves. Bake until **potatoes** are tender and meatloaves are browned and reach a minimum internal temperature of 165 degrees, 10-15 minutes.



Make the Meatloaf Mixture

Add **crispy onions** to a medium mixing bowl, crushing lightly into coarse crumbs. Mix in 2 Tbsp. **milk** (reserve remaining for mashed potatoes), **white portions of green onions, garlic**, ½ tsp. **salt**, and a pinch of **pepper**. Add **ground turkey** and mix well.



Mash the Potatoes

Carefully open foil pouch and empty **potatoes** into a medium mixing bowl. *Be careful of escaping steam.* Mash with ¼ cup **milk** and **butter**, adding additional milk 1 Tbsp. at a time until desired consistency is reached. Stir in **green portions of green onions** and season to taste with **salt**.



Bake the Meatloaves and Potatoes

Divide **meatloaf mixture** in half and place on prepared baking sheet. Form into two loaves, approximately 4½" long and 2½" wide. Divide half the **ketchup-brown sugar glaze** (reserve remaining for brushing on after cooking) between loaves and brush to coat. Bake **potatoes** and **meatloaves**, 15 minutes. *Potatoes and meatloaves will finish cooking in a later step.*



Plate the Dish

If desired, slice **meatloaf**. Place meatloaf on a plate and add **mashed potatoes** and **broccoli**.