



In your box

- 12 oz. Ground Pork
- .6 oz. Butter
- 3 oz. Shredded Red Cabbage
- ½ fl. oz. Honey
- 1 Tbsp. Meatloaf Seasoning
- 1 Tbsp. Grainy Mustard
- 8 oz. Brussels Sprouts
- 2 Green Onions
- ¼ cup Italian Breadcrumbs
- 2 tsp. Chicken Base



Honey Mustard Pork Meatloaf

with red cabbage and Brussels sprouts

NUTRITION per serving—Calories: 617, Carbohydrates: 31g, Fat: 37g, Protein: 38g, Sodium: 1922mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutritional information may vary if you selected antibiotic-free ground beef as your protein*

Prep & Cook Time
35-45 min.

Cook Within
5 days

Difficulty Level ● ● ●
Intermediate

Spice Level □ □ □
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray

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

👑 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 **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **butter, green onions**



1

Prepare the Ingredients

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Trim ends off **Brussels sprouts** and cut into ¼" slices.
- In a mixing bowl, thoroughly combine **ground pork**, white portions of green onions, **breadcrumbs**, **seasoning blend**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Form pork mixture into two small equally-sized loaves and place on prepared baking sheet.
- *If using ground beef, follow same instructions.*



2

Roast the Meatloaves

- Roast in hot oven until **meatloaves** reach a minimum internal temperature of 160 degrees, 22-26 minutes.
- *If using ground beef, follow same instructions.*



3

Cook the Vegetables

- After meatloaves have roasted 13 minutes, place a large non-stick pan over medium heat and add 1½ tsp. **olive oil**.
- Add **Brussels sprouts** to hot pan and cook undisturbed until beginning to brown, 2-3 minutes.
- Add **green portions of green onions** and **cabbage**. Stir occasionally until cabbage is tender, 5-7 minutes.
- Stir in half the **butter** (reserve remaining for sauce) and ¼ tsp. **salt**.
- 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. Stir constantly until sauce is slightly thickened, 1-2 minutes.
- Remove from burner and swirl in remaining **butter**.



5

Finish the Dish

- *If desired, slice meatloaves into ½" slices.*
- Plate dish as pictured on front of card, spooning **sauce** over **meatloaves**. Bon appétit!