



#### In your box

- 4 fl. oz. Marinara Sauce
- 2 oz. Shredded Parmesan Cheese
- 2 oz. Ricotta
- 3 Tbsp. Roasted Red Pepper Pesto
- 1 Tbsp. Meatloaf Seasoning
- 2 Tbsp. Italian Panko Blend
- 12 oz. Cauliflower Florets

#### Customize It Options

- 10 oz. Ground Beef
- 12 oz. Ground Turkey
- 10 oz. Antibiotic-Free Ground Beef

HOME CHEF  
*Fresh*  
AND EASY

Oven-Ready

## Beef Meatloaf Marinara with red pepper pesto cauliflower

NUTRITION per serving—Calories: 596, Carbohydrates: 23g, Fat: 33g, Protein: 44g, Sodium: 1533mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

Prep & Cook Time

35-45 min.

Difficulty Level

Easy

Spice Level

Not Spicy



1

### Prepare the Ingredients

- Preheat oven to 425 degrees. Remove lid and label, if necessary. Reserve lid. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Mix **cauliflower** with **pesto** and  $\frac{1}{4}$  tsp. **salt** in bottom of provided tray until completely combined. Move to one half of tray.



2

### Make the Meatloaf

- Combine **beef**, **ricotta**, **Italian panko**, and **seasoning blend** on tray lid. Form into two loaves.
- Place loaves in empty half of tray.
- *If using **turkey**, follow same instructions.*



3

### Bake the Dish

- Top **loaves** with **sauce**. Top entire dish with **Parmesan**.
- Bake uncovered in hot oven until loaves reach a minimum internal temperature of 160 degrees, 30-35 minutes.
- *If using **turkey**, bake uncovered in hot oven until loaves reach a minimum internal temperature of 165 degrees, 30-35 minutes.*
- Carefully remove from oven. Bon appétit!