



In your box

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

Customize It Options

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

*Contains: milk, wheat

You will need

Salt



Oven-Ready

Beef Meatloaf Marinara

and red pepper pesto cauliflower

NUTRITION per serving—Calories: 611, Carbohydrates: 23g, Fat: 36g, Protein: 42g, Sodium: 1576mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

5 days

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.
- Break **cauliflower** into bite-sized pieces, if necessary. Mix cauliflower, **pesto**, and $\frac{1}{4}$ tsp. **salt** in provided tray until completely combined. Push to one side.



2

Make the Meatloaf

- Combine **ground beef**, **ricotta**, **panko**, and **seasoning** on reserved lid. Form into two equally-sized loaves.
- Place loaves in empty half of tray.
- *If using **ground pork** or **ground turkey**, follow same instructions.*



3

Bake the Dish

- Top loaves with **marinara sauce**. Top entire dish with **Parmesan**.
- Cover tray with foil. Bake in hot oven, 15 minutes.
- Carefully remove foil. Bake uncovered in hot oven until loaves reach a minimum internal temperature of 160 degrees, 15-20 minutes.
- *If using **ground pork**, follow same instructions. If using **ground turkey**, follow same instructions, baking uncovered until turkey reaches a minimum internal temperature of 165 degrees, 15-20 minutes.*
- Carefully remove from oven. Bon appétit!