



In your box

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

Customize It Options

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

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Small Non-Stick Pan, Large Non-Stick Pan, Mixing Bowl, Baking Sheet



Honey Mustard Pork Meatloaf

with red cabbage and Brussels sprouts

NUTRITION per serving—Calories: 622, Carbohydrates: 32g, Fat: 39g, Protein: 37g, Sodium: 1544mg.

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

Intermediate

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **butter, green onions**

Customize It Instructions

- If using **ground turkey**, follow same instructions as pork in Steps 1 and 2, roasting in hot oven until loaves reach a minimum internal temperature of 165 degrees, 22-26 minutes.
- If using **ground beef**, follow same instructions as pork in Steps 1 and 2, roasting in hot oven until loaves reach a minimum internal temperature of 160 degrees, 20-23 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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**, and a pinch of **pepper**.
- Form pork mixture into two equally-sized loaves.



2

Roast the Meatloaves

- Place **meatloaves** on prepared baking sheet.
- Roast in hot oven until meatloaves reach a minimum internal temperature of 160 degrees, 22-26 minutes.
- After 13 minutes, cook vegetables.



3

Cook the Vegetables

- After meatloaves have roasted 13 minutes, place a large non-stick pan over medium heat and add 1 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 a pinch of **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. Bring to a simmer.
- Once simmering, 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!