



#### In your box

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

#### Customize It Options

- 10 oz. Ground Beef
- 12 oz. Ground Turkey
- \*Contains: milk, wheat

#### You will need

- Salt
- Mixing Bowl



Oven-Ready

## Beef Meatloaf Marinara

with red pepper pesto cauliflower

NUTRITION per serving—Calories: 622, Carbohydrates: 26g, Fat: 36g, Protein: 43g, Sodium: 1730mg.

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. 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 ¼ tsp. **salt** in provided tray until completely combined. Push to one side.



2

### Make the Meatloaf

- Combine **ground beef**, **ricotta**, **panko**, and **seasoning blend** in a mixing bowl. Form into two equally-sized loaves.
- Place loaves in empty half of tray.
- *If using **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 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!