



### In your box

- 1 oz. Smoky BBQ Sauce
- ½ tsp. Garlic Salt
- 2 Green Onions
- 1 tsp. Multicolor Sesame Seeds
- 12 oz. Vegetable Medley
- ¼ cup Panko Breadcrumbs
- 1 oz. Teriyaki Glaze

### Customize It Options

- 12 oz. Ground Turkey
- 10 oz. Ground Pork

\*Contains: wheat, soy

### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- 3 Mixing Bowls, Baking Sheet

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



## BBQ Teriyaki Turkey Meatloaves

with Asian vegetable medley

NUTRITION per serving—Calories: 442, Carbohydrates: 31g, Sugar: 15g, Fiber: 5g, Protein: 37g, Sodium: 1386mg, Fat: 27g, Saturated Fat: 5g  
 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

40-50 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy

## Before you cook

All cook times are approximate based on testing.

- 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: **green onions**, **BBQ-teriyaki sauce**



### 1. Prepare the Ingredients

- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Combine **BBQ sauce** and **teriyaki glaze** in a mixing bowl. Pour half into another bowl. Set both aside.
- Combine **vegetable medley**, 2 tsp. **olive oil**, **garlic salt**, and a pinch of **pepper** in another mixing bowl. Set aside.



### 2. Form the Meatloaves

- Combine **ground turkey**, **panko**, **white portions of green onions**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper** in another mixing bowl.
- Form turkey mixture into two loaves, about 3" long. Place loaves on one half of prepared baking sheet.
- Brush or spoon **BBQ-teriyaki sauce** from one bowl onto loaves. Reserve second bowl of BBQ-teriyaki sauce for topping loaves after cooking. *Why two bowls? Separating sauce for raw and cooked meats prevents cross-contamination.*

## Customize It Instructions

- If using **ground pork**, follow same instructions as ground turkey in Steps 2, 3, and 4, baking until ground pork reaches minimum internal temperature.



### 3. Start the Meatloaves

- Bake **meatloaves** in hot oven, 12 minutes.
- Remove from oven. *Meatloaves will finish cooking in a later step.*



### 4. Finish Meatloaves and Cook Vegetables

- Add **vegetables** to empty half of baking sheet. Spread into a single layer on their side. *Baking sheet will be hot! Use a utensil.*
- Bake again until vegetables are tender and **meatloaves** reach a minimum internal temperature of 165 degrees, 15-18 minutes.
- Remove from oven and top meatloaves with reserved **BBQ-teriyaki sauce** from second bowl.



### 5. Finish the Dish

- Slice **meatloaves**, if desired.
- Plate dish as pictured on front of card, garnishing meatloaves with **green portions of green onions** and **sesame seeds**. *Bon appétit!*