

DINNERLY

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Meatloaf & Caramelized Cabbage with Roasted Sweet Potatoes



30-40min



2 Servings

We're taking the mid-century modern trend straight into the kitchen (minus the avocado green cabinets) with this revamped take on meatloaf. Unless June Cleaver also had the genius idea to caramelize shredded cabbage and mix it into grass-fed ground beef, pretty much guaranteeing a juicy, flavorful burst with each bite, we're pretty sure this is a Dinnerly original. Leave it to us. We've got you...

WHAT WE SEND

- shredded cabbage blend
- grass-fed ground beef
- shallot
- sweet potato

WHAT YOU NEED

- 1 large egg
- kosher salt & ground pepper
- olive oil
- sugar

TOOLS

- medium skillet
- rimmed baking sheet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 620.0kcal, Fat 36.0g, Proteins 28.0g, Carbs 44.0g



1. Caramelize cabbage

Preheat oven to 425°F with a rack in the center. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **cabbage**, **1 teaspoon sugar**, and **¼ teaspoon salt**; reduce heat to medium. Cook, stirring occasionally, until any liquid has evaporated and cabbage is brown and caramelized, 8–10 minutes.



2. Prep ingredients

Slice **sweet potato** crosswise into ¼-inch thick rounds (no need to peel). Halve **shallot**, then peel and thinly slice lengthwise. Finely chop **2 tablespoons shallots**, leaving the rest sliced.



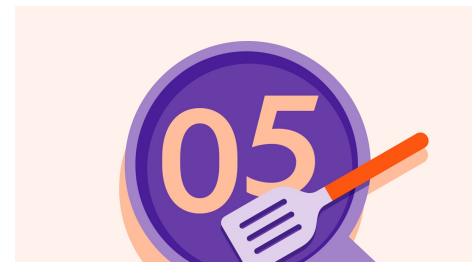
3. Shape meatloaves

In a medium bowl, combine **ground beef** with **chopped shallots**, **panko**, **1 large egg**, **⅓ of the caramelized cabbage**, **1 tablespoon oil**, **¾ teaspoon salt**, and **a few grinds pepper**. Divide mixture in half, then shape into 2 mini meatloaves.



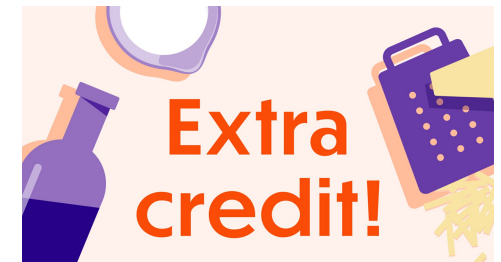
4. Prepare to roast

On a rimmed baking sheet toss **sweet potatoes** and **sliced shallots** with **1 tablespoon oil**, and season with **salt** and **pepper**, then spread into a single layer. Place **meatloaves** on top and scatter **remaining caramelized cabbage** over top.



5. Finish & serve

Roast on the center oven rack until **sweet potatoes** are golden and tender, **meatloaves** are browned and cooked through, and **cabbage** is crispy, about 20 minutes. Enjoy!



6. Take it to the next level

Mix a teaspoon or two of madras curry powder into ketchup for a fancified curry-ketchup dipping sauce for your meatloaf and sweet potatoes!