

DINNERLY

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Meatloaf & Caramelized Cabbage with Roasted Sweet Potatoes



30-40min



4 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

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

WHAT YOU NEED

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

TOOLS

- large skillet
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 632.0kcal, Fat 36.0g, Proteins 29.0g, Carbs 48.0g



1. Caramelize cabbage

Preheat oven to 425°F with rack in the center. Heat **2 tablespoons oil** in a large skillet over medium-high. Add **cabbage, 2 teaspoons sugar**, and **½ teaspoon salt**. Cook, stirring occasionally, until any liquid has evaporated and cabbage is brown and caramelized, about 10 minutes.



2. Prep ingredients

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



3. Shape meatloaves

In a medium bowl, combine **ground beef** with **chopped shallots, panko, 2 large eggs, ⅓ of the caramelized cabbage, 2 tablespoons oil, 1½ teaspoons salt**, and **a few grinds pepper**. Divide mixture into 4 equal portions, then shape into 4 mini meatloaves.



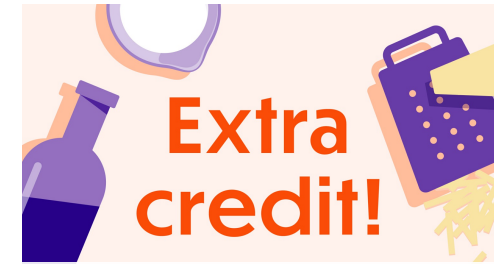
4. Prepare to roast

On a rimmed baking sheet toss **sweet potatoes** and **sliced shallots** with **2 tablespoons 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 25 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!