

Fo sku1141 web

Mini Meatloaves & Buttery Peas

with Creamy Cauliflower Mash



30-40min



4 Servings

You wouldn't know by looking, but this clever dish, which subs creamy cauliflower for mashed potatoes, and chopped corn tortillas for breadcrumbs, is super low in carbs AND gluten free. But rest assured, it's no less satisfying and delicious! Using a stick blender (aka immersion blender) with the cauliflower will yield a smooth puree. Don't worry if you don't have one—an old fashioned masher is...

What we send

- meatloaf mix
- onion, red
- large cloves garlic
- white corn tortillas
- fresh rosemary
- cauliflower
- frozen peas

What you need

- 1 large egg
- coarse salt
- freshly ground black pepper
- olive oil

Tools

- box grater
- large pot
- rimmed baking sheet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 560.0kcal, Fat 29.8g, Proteins 46.5g, Carbs 21.4g



1. Prep meatloaf

Preheat oven to 450°F with a rack in center position. Halve, peel, and grate **onion** on the large holes of a box grater. Peel and finely grate or chop **1 garlic clove** and thinly slice the other. Very finely chop **tortillas** so that pieces resemble crumbs. Pick leaves from **half of the rosemary** and finely chop 1½ teaspoons.



4. Make cauliflower mash

Reserve 2 tablespoons **cooking liquid** from **cauliflower** and drain. Discard **rosemary** and return **cauliflower** and **garlic** to the pot. Add **cream cheese** and **reserved cooking liquid** and mash or purée with an immersion blender. Season with **salt** and **pepper** and cover to keep warm.



2. Bake meatloaf

Line a rimmed baking sheet with foil and rub with **oil**. In a bowl, combine **onion, grated garlic, tortilla, chopped rosemary, 1 egg, 1 teaspoon salt, and ½ teaspoon pepper**. Add **meatloaf mix** and using your hands, knead until combined. Form **meatloaf mixture** into 4 ovals, 5- by 3-inches. Bake until lightly browned and firm to the touch, about 20 minutes.



5. Make peas

Combine **peas** and **butter** in a small saucepan and cook over medium-high heat until heated through, about 3 minutes. Season with **salt** and **pepper**.



3. Cook cauliflower

Meanwhile, trim **cauliflower** and cut into 1-inch florets. Discard thick stems. Transfer to a large pot and add remaining **rosemary sprig** and **sliced garlic**. Add at least 1 inch of water to the pot (until the cauliflower just floats) and bring to a boil. Simmer, uncovered, until tender, about 10 minutes.



6. Finish meatloaf

Turn on broiler and broil until tops of **meatloaves** are lightly browned, 1-2 minutes (watch closely as broilers vary greatly). Serve **meatloaves** with **cauliflower mash** and **peas**. Enjoy!