



## Mini Skillet Meatloaf

with Roasted Potatoes & Broccoli



30-40min



2 Servings

These mini meatloaf patties are bursting with savory goodness thanks to Worcestershire sauce and smoked paprika. Grated onion mixed in with the ground beef makes for moist and juicy patties. Dijon mustard mixed in with ketchup makes for a sweet sauce with a little bite. Our favorite part? When the potatoes and broccoli soak up the meat juices, still sizzling from the pan.

## What we send

- russet potatoes
- grass-fed ground beef
- broccoli
- smoked paprika
- Dijon mustard <sup>17</sup>
- yellow onion

## What you need

- 1 large egg <sup>3</sup>
- ketchup
- kosher salt & ground pepper
- olive oil

## Tools

- box grater
- large nonstick skillet
- rimmed baking sheet

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

Egg (3), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 850kcal, Fat 42g, Carbs 70g, Proteins 46g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the bottom position. Scrub **potato**; cut into ½-inch wedges. Cut **broccoli** into 1-inch florets. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil, 1 teaspoon salt, 1 teaspoon of the smoked paprika, and a few grinds pepper**. In a medium bowl, toss broccoli with **2 teaspoons oil**; season with **salt and pepper**.



### 4. Form patties & make sauce

Divide **meatloaf mixture** into 4 equal portions. Form each portion into a flat, 4-inch patty. In a small bowl, mix together **2 tablespoons ketchup and remaining Dijon**.



### 2. Roast potatoes

Roast **potatoes** on bottom oven rack until almost tender, 15-20 minutes.



### 5. Finish roasting

Remove **potatoes** from oven, stir, and scatter **broccoli** over top. Return vegetables to bottom rack and continue roasting until tender and browned in spots, 8-10 minutes more.



### 3. Mix meatloaf

Meanwhile, peel and coarsely grate **¼ cup onion** on the large holes of a box grater into a large bowl. To same bowl, add **ground beef, panko, Worcestershire, 1¼ teaspoons Dijon** (save remaining for step 4), **½ teaspoon of the smoked paprika, 1 egg, 1 teaspoon salt, and a few grinds pepper**.



### 6. Cook patties & serve

Meanwhile, heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add **patties** and cook until well browned and cooked through, 2-3 minutes each side (reduce heat if browning too quickly). Remove from skillet and top with **ketchup-Dijon sauce**. Serve patties with **potatoes and broccoli** alongside. Enjoy!