



# Homestyle Meatloaf

with Roasted Sweet Potato and Cheesy Broccoli

**FAMILY** 50 Minutes



Ground Beef



Shallot



Garlic



BBQ Sauce



Broccoli, florets



Sweet Potato



Chives



Italian Breadcrumbs



Mozzarella Cheese, shredded

## HELLO BBQ SAUCE

Adds an addictive sweet and smoky flavour

# Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

## Bust Out

2 Baking Sheets, Measuring Cups, Measuring Spoons, Parchment Paper, Silicone Brush, Box Grater, Medium Bowl, Large Non-Stick Pan, Aluminum Foil, Garlic Press

## Ingredients

	4 Person
Ground Beef	500 g
Shallot	100 g
Garlic	12 g
BBQ Sauce	¼ cup
Broccoli, florets	454 g
Sweet Potato	680 g
Chives	7 g
Italian Breadcrumbs	¼ cup
Mozzarella Cheese, shredded	1 cup
Milk*	¼ cup
Unsalted Butter*	2 tbsp
Oil*	
Salt and Pepper*	

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



## 1. ROAST SWEET POTATOES

Cut **sweet potatoes** into ½-inch thick wedges. Toss **sweet potatoes** with **2 tbsp oil**, on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, flipping halfway through cooking, until golden-brown, 22-24 min.



## 4. BAKE MEATLOAF

Form **meatloaf** into a 9x4-inch rectangle in the centre of a foil-lined baking sheet. Bake in **top** of oven, until cooked through, 12-15 min.\*\* Carefully, remove the baking sheet and brush **BBQ sauce** over **meatloaf**. Return to the oven, and continue baking, until **sauce** slightly thickens, 4-5 min.



## 2. PREP

While **sweet potatoes** roast, stir together **breadcrumbs** and **¼ cup milk**, in a medium bowl. Cut **broccoli** into bite-sized pieces. Finely chop **chives**. Peel, then coarsely grate **shallot**. Peel, then mince or grate **garlic**.



## 5. COOK BROCCOLI

While **meatloaf** bakes, heat a large non-stick pan over medium-high heat. When hot, add **2 tbsp butter** and swirl pan until melted, 1 min. Add **broccoli** and **2 tbsp water**. Stir together. Cook, covered, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**. Sprinkle over **cheese**. Cover and cook, until **cheese** melts, 1-2 min.



## 3. MAKE MEATLOAF MIXTURE

Add **beef, garlic, shallot, half the chives** and **½ tsp salt** to the medium bowl with the **breadcrumb mixture**. Season with **pepper**.



## 6. FINISH AND SERVE

Slice **meatloaf**. Divide **sweet potato wedges, cheesy broccoli** and **meatloaf** between plates. Sprinkle **chives** over **cheesy broccoli**.

# Dinner Solved!