

Italian Meatloaf

with Sun-Dried Tomatoes, Roasted Green Beans and Garlic-Basil Mashed Potatoes

Individual meatloaves aren't just adorable—they're also a major time-saver. Spiked with basil, sundried tomato, and garlic, these meatloaves have taken a decidedly Italian spin. Infusing garlic into melted butter gives mashed potatoes a silky, flavourful finish.







Ground Beef



Worcestershire



Sun-Dried



Red Onion





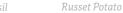
Green Beans



Basil



Breadcrumbs



Ingredients		4 People
Ground Beef		2 pkg (500 g)
Worcestershire Sauce	3) 4)	1 pkg (1 tbsp)
Sun-Dried Tomatoes		² / ₃ pkg (56 g)
Red Onion, finely chopped		1 pkg (56 g)
Garlic		2 pkg (20 g)
Basil		1 pkg (14 g)
Russet Potatoes		2
Italian Breadcrumbs	1)	1 pkg (1 cup)
Green Beans, trimmed		2 pkg (340 g)
Butter*	2)	3 tbsp
Olive or Canola Oil*		

Allergens

*Not Included

1) Wheat/Blé

2) Milk/Lait

3) Sulphites/Sulfites

4) Fish/Poisson

Tools

2 Baking Sheets, Large Bowl, Medium Pot, Strainer

Nutrition per person Calories: 592 cal | Fat: 24 g | Protein: 34 g | Carbs: 61 g | Fibre: 7 g | Sodium: 725 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



- Preheat the oven to 400°F. (To bake the meatloaf.) Start prepping when the oven comes up to temperature!.
- **2 Prep: Wash and dry all produce.** Mince or grate the **garlic**. Finely chop the basil leaves. Finely chop ½ cup sun-dried tomatoes.
- **3** Mix the meatloaf: In a large bowl, combine the beef, sun-dried tomatoes, onion, Worcestershire, breadcrumbs, half the garlic, half the basil and a large pinch of salt and pepper. Mix with your hands until iust combined.



4 Prep and bake the meatloaves: Divide the beef mixture into 8 equal portions and form each into a mini oval loaf. Arrange on a parchment-lined baking sheet. Bake in the centre of the oven until the meatloaves have cooked through, 18-20 min (TIP: Inserting a thermometer into cooked meat should display an internal temperature of 160°F.)



- 5 Boil the potatoes: Meanwhile, peel and dice the potatoes into ½-inch cubes. Combine the **potatoes** in medium pot with enough salted water to cover. Bring to a boil over high heat, until potatoes are fork-tender, 10-12 min. Drain into a strainer.
- **Bake the beans:** Toss the **green beans** on another baking sheet with a drizzle of **oil.** Roast in the centre of oven until just tender and golden, 10-12 min.



- **Make the garlic-mashed potatoes:** Remove the empty pot from the heat. Add the **butter** and **remaining garlic** and let it warm up in the leftover heat of the pot, 1-2 min. Return the **potatoes** to the pot. Using a potato masher or a fork, mash the potatoes smooth. Season with salt and pepper. Sprinkle with remaining basil.
- **8** Finish and serve: Serve the meatloaf alongside the mashed potatoes and the roasted green beans. Enjoy! (If you have any ketchup on hand, serve it as a dipping sauce!)