

# Chicken Meatloaf

*with Mashed Potatoes & Garlic Sugar Snap Peas*

Tonight's recipe is a lighter take on meatloaf, with all the elements that make the dish a household favorite. To make our meatloaf, we're mixing ground chicken with aromatic garlic and onion, as well as classic Italian seasoning. A coating of tangy ketchup keeps the loaf succulent as it bakes (and browns beautifully on top). On the side, we're serving creamy mashed potatoes and garlic-sautéed sugar snap peas for the perfect, easy complement.

## Blue Apron Wine Pairings

Airfield Estates Chardonnay, 2015

Pax White Wine Blend, 2015



## Ingredients

1½ Pounds Ground Chicken  
6 Ounces Sugar Snap Peas  
4 Cloves Garlic  
1½ Pounds Yukon Gold Potatoes  
1 Yellow Onion  
1 Large Bunch Parsley

## Knick Knacks

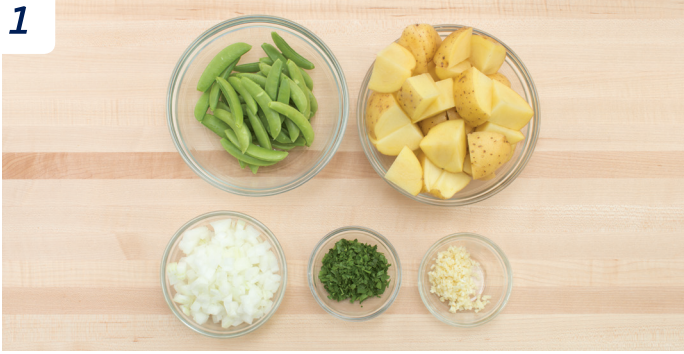
4 Tablespoons Butter  
2 Teaspoons Italian Seasoning  
½ Cup Ketchup  
½ Cup Panko Breadcrumbs

**Makes:** 4 servings | **Calories:** about 555 per serving

**Prep Time:** 15 minutes | **Cook Time:** 35–45 minutes



1



## Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Large dice the potatoes. Peel and small dice the onion. Peel and finely chop the garlic. Finely chop the parsley leaves and stems. Snap off and discard the stem end of each snap pea; pull off and discard the tough string that runs the length of the pod.

2



## Cook & mash the potatoes:

Add the **potatoes** to the pot of boiling water. Cook 18 to 20 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add the **butter**. Using a fork, mash the mixture to your desired consistency; season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place.

3



## Cook the aromatics:

While the potatoes cook, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium until hot. Add the **onion** and **half the garlic**; season with salt and pepper. Cook, stirring frequently, 3 to 5 minutes, or until softened and fragrant. Transfer to a large bowl. Wipe out the pan.

4



## Start the meatloaf:

While the potatoes continue to cook, to the bowl of **cooked aromatics**, add the **ground chicken**, **breadcrumbs**, **Italian seasoning**, **half the parsley** and **half the ketchup**; season with salt and pepper. Gently mix until just combined.

5



## Form & bake the meatloaf:

While the potatoes continue to cook, place a large piece of aluminum foil (or parchment paper) on a clean, dry work surface. Place the **ground chicken mixture** in the center of the foil. Gently roll and shape the mixture with the foil until it forms a tightly-packed loaf, about 10 inches by 3 inches. Transfer the loaf and foil to a sheet pan (unrolling and flattening the foil to line the pan); evenly spread the **remaining ketchup** on top of the loaf. Bake 23 to 25 minutes, or until lightly browned and cooked through. Remove from the oven and let rest for at least 5 minutes.

6



## Cook the snap peas & serve your dish:

While the meatloaf rests, in the pan used to cook the aromatics, heat 1 tablespoon of olive oil on medium until hot. Add the **snap peas** and **remaining garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and the snap peas are bright green. Season with salt and pepper to taste and transfer to a serving dish. Slice the **rested meatloaf** crosswise into ½-inch-thick pieces and transfer to a serving dish. Garnish the sliced meatloaf, cooked snap peas and **mashed potatoes** with the **remaining parsley**. Enjoy!