

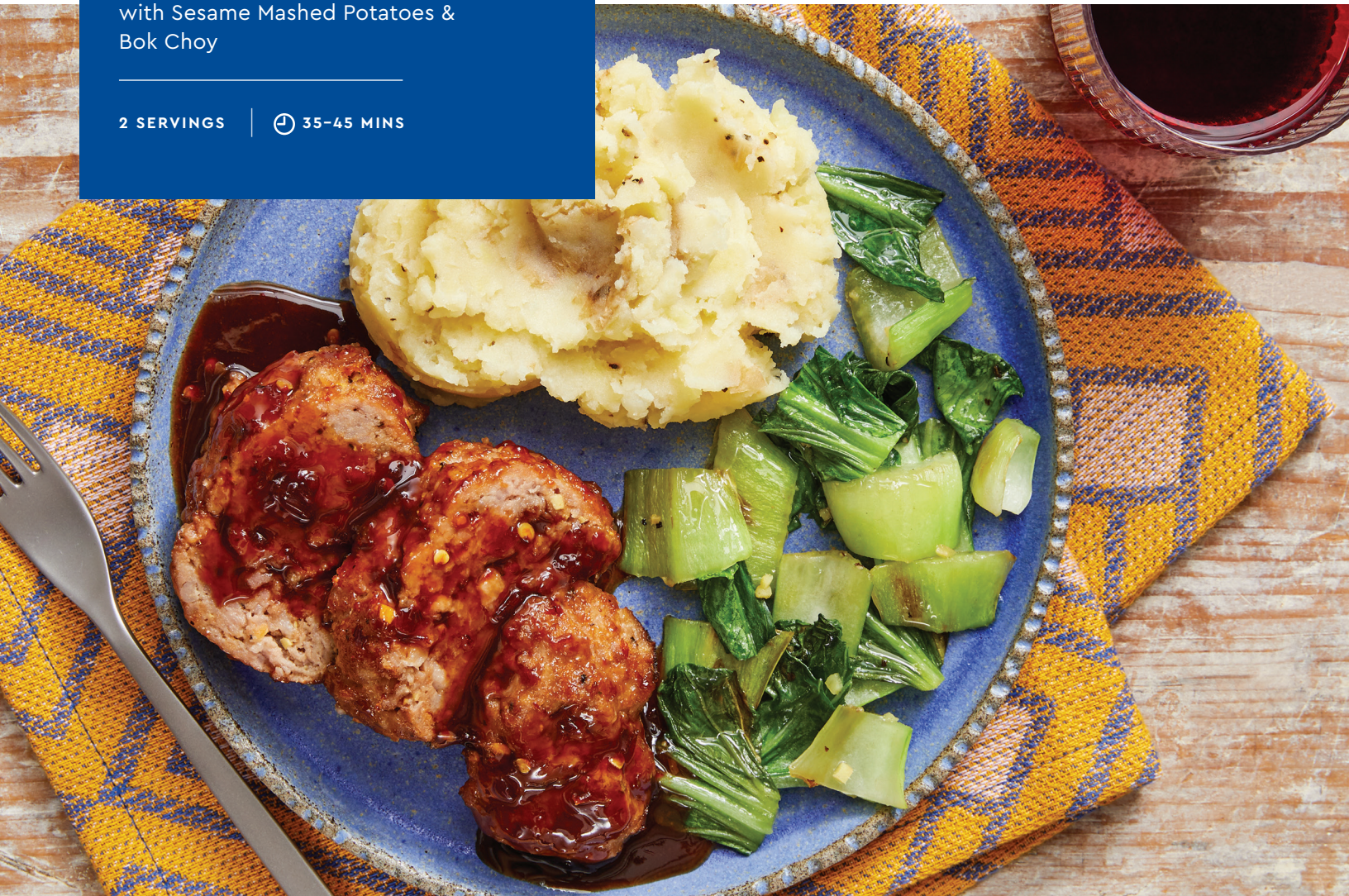
Glazed Pork Meatloaf

with Sesame Mashed Potatoes & Bok Choy

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



Ingredients



10 oz Ground Pork



2 cloves Garlic



2 Tbsps Soy Glaze



1 Tbsp Sesame Oil



$\frac{3}{4}$ lb Golden Potatoes



1 piece Ginger



2 Tbsps Hoisin Sauce



10 oz Baby Bok Choy



$\frac{3}{4}$ cup Panko Breadcrumbs



1 Tbsp Sambal Oelek



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

1 Prepare the ingredients & make the glaze

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Peel **2 cloves of garlic**; using the flat side of your knife, smash each clove once.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- Cut off and discard the root ends of the **bok choy**; roughly chop, separating the stems and leaves.
- In a bowl, combine the **soy glaze**, **hoisin sauce**, **half the sesame oil**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Stir to thoroughly combine.



2 Cook & mash the potatoes

- Add the **diced potatoes** and **smashed garlic cloves** to the pot of boiling water. Cook 16 to 18 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **remaining sesame oil**. Using a fork or potato masher, mash to your desired consistency. Taste, then season with salt and pepper if desired.
- Cover to keep warm.



3 Form & bake the meatloaf

- Meanwhile, transfer **half the glaze** to a separate bowl; set aside.
- Line a sheet pan with foil.
- In a large bowl, combine the **pork**, **breadcrumbs**, and **half the chopped ginger**. Season with salt and pepper; gently mix to combine.
- Transfer to the sheet pan. Shape the mixture into a tightly packed loaf, about 7 inches by 3 inches. Evenly top with the **remaining glaze**.
- Bake 16 to 18 minutes, or until browned and cooked through.*
- Transfer to a cutting board. Let rest at least 5 minutes.



4 Cook the bok choy

- Once the meatloaf has baked about 10 minutes, in a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **remaining chopped ginger**. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped bok choy stems**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Add the **chopped bok choy leaves**. Cook, stirring occasionally, 1 to 2 minutes, or until wilted.
- Turn off the heat. Taste, then season with salt and pepper if desired.



5 Slice the meatloaf & serve your dish

- Slice the **rested meatloaf** crosswise.
- Serve the **sliced meatloaf** with the **mashed potatoes** and **cooked bok choy**. Top the meatloaf with the **reserved glaze**. Enjoy!



*An instant-read thermometer should register 160°F.

NUTRITION PER SERVING (AS PREPARED)**

Calories: 690, Total Carbohydrates: 63g, Dietary Fiber: 6g, Added Sugars: 17g, Total Fat: 35g, Saturated Fat: 9g, Protein: 33g, Sodium: 2150mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005

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