

Italian Meatloaf

with Salsa Verde Potatoes &
Roasted Carrots

4 SERVINGS

⌚ 45-55 MINS

 **Blue Apron**
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Ingredients



18 oz Ground Beef



1 ¼ lbs Golden Potatoes



⅓ cup Salsa Verde



1 ½ tps Calabrian Chile Paste



1 Pasture-Raised Egg



2 cloves Garlic



¼ cup Grated Parmesan Cheese



3 Tbsps Ketchup



¾ lb Carrots



1 ¼ cups Panko Breadcrumbs



2 Tbsps Tomato Paste



1 Tbsp Italian Seasoning¹



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

¹. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

1 Prepare & roast the potatoes

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Line two sheet pans with foil.
- Cut the **potatoes** into 1-inch-wide wedges.
- Transfer to one sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer, skin side down.
- Roast 27 to 29 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



2 Prepare the remaining ingredients

- Meanwhile, peel the **carrots**; halve crosswise, then quarter lengthwise.
- Peel **2 cloves of garlic**; using a zester, finely grate into a paste (or use the small side of a box grater).
- In a bowl, combine the **ketchup** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.



3 Form & start the meatloaf

- On the remaining sheet pan, evenly coat one side of the foil with a drizzle of **olive oil**.
- In a large bowl, combine the **beef, egg, Italian seasoning, garlic paste, tomato paste, half the breadcrumbs** (you will have extra), and **half the cheese**. Season with salt and pepper. Using your hands, gently mix until just combined.
- Transfer to the oiled side of the sheet pan. Shape into a tightly packed loaf, about 10 inches by 3 inches.
- Transfer **half the spicy ketchup** to a separate bowl and set aside for serving.
- Evenly top the meatloaf with the **remaining spicy ketchup**.
- Roast 10 minutes. Leaving the oven on, remove from the oven.



4 Finish the meatloaf & roast the carrots

- Meanwhile, place the **carrot pieces** in a large bowl. Drizzle with **olive oil** and season with salt and pepper. Toss to coat.
- Reserving the bowl, carefully transfer the **seasoned carrots** to the other side of the sheet pan of **partially roasted meatloaf**.
- Roast 18 to 20 minutes, or until the carrots are tender when pierced with a fork and the meatloaf is cooked through.*
- Remove from the oven. Let the meatloaf rest at least 2 minutes.



5 Finish the potatoes & serve your dish

- Carefully transfer the **roasted potatoes** to the reserved bowl. Add the **salsa verde**; stir to coat. Taste, then season with salt and pepper if desired.
- Transfer the **rested meatloaf** to a cutting board. Carefully slice crosswise.
- Serve the **sliced meatloaf** with the **finished potatoes** and **roasted carrots**. Top the meatloaf with the **reserved spicy ketchup**. Garnish the carrots with the **remaining cheese**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 700, Total Carbohydrates: 49g, Dietary Fiber: 7g, Added Sugars: 3g, Total Fat: 41g, Saturated Fat: 13g, Protein: 32g, Sodium: 790mg.

**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.

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