

# Italian Meatloaf & Cauliflower

with Salsa Verde Potatoes & Roasted Carrots

4 SERVINGS

⌚ 40-50 MINS



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## Ingredients



18 oz Ground Beef



1 head Romanesco Cauliflower



¼ cup Grated Parmesan Cheese



3 Tbsps Ketchup



1 Pasture-Raised Egg



¾ lb Carrots



⅓ cup Salsa Verde



1 Tbsp Italian Seasoning<sup>1</sup>



1 ¼ lbs Golden or Red Potatoes



1 ¼ cups Panko Breadcrumbs



1 Tbsp Calabrian Chile Paste



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

<sup>1</sup>. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram



## 1 Prepare the cauliflower

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut out and discard the core of the **cauliflower**; cut into small florets.
- Transfer to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat.
- Arrange in an even layer around the edges of the sheet pan.



For easier cleanup, line your sheet pans with foil or parchment paper.

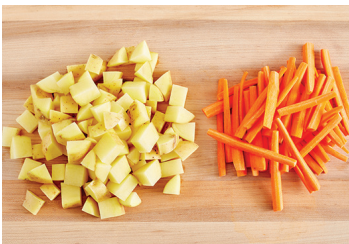
## 2 Form & bake the meatloaf

- 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.
- Transfer **half the spicy ketchup** to a separate bowl and set aside for serving.
- Lightly oil the center of the sheet pan of **seasoned cauliflower**.
- In a large bowl, combine the **beef, egg, Italian seasoning, 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 center of the sheet pan. Shape into a tightly packed loaf, about 10 inches by 3 inches. Evenly top the meatloaf with the **remaining spicy ketchup**.
- Bake 24 to 26 minutes, or until the cauliflower is tender when pierced with a fork and the meatloaf is cooked through.\*
- Remove from the oven. Let the meatloaf rest at least 2 minutes.



## 3 Prepare the potatoes & carrots

- Meanwhile, medium dice the **potatoes**.
- Peel the **carrots**; halve crosswise, then quarter lengthwise.



## 4 Roast the potatoes & carrots

- Keeping them separate, place the **diced potatoes** and **carrot pieces** on a separate sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat. Arrange in an even layer.
- Roast 20 to 22 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



## 5 Finish the potatoes & serve your dish

- Carefully transfer the **roasted potatoes** to a large 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, roasted cauliflower**, and **roasted carrots**. Top the meatloaf with the **reserved spicy ketchup**. Garnish the vegetables with the **remaining cheese**. Enjoy!



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