

# Soy-Glazed Pork Meatloaf

with Miso Mashed Potatoes & Sautéed Cabbage

**TIME:** 50-60 minutes

**SERVINGS:** 2

We're putting an Asian twist on homestyle meatloaf with black garlic, ginger, and scallions. It gets another dynamic layer from a savory-sweet soy glaze—a delicious complement to the miso paste in our mashed potatoes. A side of sautéed cabbage cuts through the rich flavors.



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## Ingredients



10 oz  
GROUND PORK



3/4 lb  
RED POTATOES



2  
SCALLIONS



1/2 lb  
CABBAGE

## KNICK KNACKS:



2 cloves  
BLACK GARLIC



1 1-inch piece  
GINGER



2 Tbsps  
SOY GLAZE



1/4 cup  
PANKO  
BREADCRUMBS



3 Tbsps  
SOY MARINADE



3 Tbsps  
SWEET WHITE  
MISO PASTE



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## 1 Prepare the ingredients & make the glaze:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Heat a medium pot of water to boiling on high.
- Wash and dry the fresh produce.
- Peel and finely chop the **garlic**.
- Peel and finely chop the **ginger**.
- Cut off and discard the root ends of the **scallions**; thinly slice, separating the white bottoms and green tops.
- Peel and medium dice the **potatoes**.
- Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- In a bowl, combine the **soy glaze** and **soy marinade**.



## 2 Form & glaze the meatloaf:

- Line a sheet pan with aluminum foil.
- In a large bowl, combine the **pork**, **breadcrumbs**, **chopped garlic**, **half the chopped ginger**, and **half the sliced white bottoms of the scallions**; season with salt and pepper. Using your hands, gently mix until just combined.
- Place the mixture in the center of the sheet pan. Using the foil, gently roll and shape the mixture until it forms a tightly packed loaf, about 7 by 2 inches. Flatten the foil to line the pan.
- Evenly top the meatloaf with **half the glaze**.

## 3 Bake the meatloaf:

- Bake the **glazed meatloaf** 22 to 25 minutes, or until browned and cooked through. (An instant-read thermometer should register 160°F.) Remove the baked meatloaf from the oven and let rest at least 2 minutes.
- Transfer to a cutting board.



## 4 Cook & mash the potatoes:

- While the meatloaf bakes, add the **diced potatoes** to the pot of boiling water. Cook 15 to 17 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot.
- Add the **miso paste** and a drizzle of olive oil. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Cover to keep warm.

## 5 Cook the cabbage:

- While the meatloaf continues to bake, 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** and **remaining sliced white bottoms of the scallions**. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened and fragrant.
- Add the **sliced cabbage** and cook, stirring occasionally, 5 to 7 minutes, or until lightly browned and softened. Turn off the heat and season with salt and pepper to taste.



## 6 Serve your dish:

- Slice the **baked meatloaf** crosswise.
- Serve the sliced meatloaf with the **mashed potatoes** and **cooked cabbage**. Using a clean spoon, top the meatloaf with the **remaining glaze**. Garnish with the **sliced green tops of the scallions**. Enjoy!