

# Turkey Meatloaf & Tomato-Caper Sauce

with Roasted Broccoli & Mashed Potatoes

2 SERVINGS

⌚ 25-35 MINS

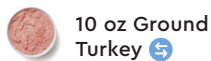
 **Blue Apron**  
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## Ingredients

Customized ingredients



10 oz Ground Turkey 

SWAPPED FOR:



10 oz Ground Beef 



1 Tbsp Capers



2 Tbsp Sliced Roasted Almonds



1 Tbsp Rice Vinegar



¾ lb Golden Potatoes



2 cloves Garlic



¾ cup Panko Bread crumbs



½ cup Part-Skim Ricotta Cheese



1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>



½ lb Broccoli



4 oz Grape Tomatoes



1 oz Butter



2 oz White Cheddar Cheese



¼ tsp Crushed Red Pepper Flakes

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
\*Ingredients may be replaced and quantities may vary.



Serve with Blue Apron wine that has this symbol  
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## 1 Prepare the ingredients

- 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**.
- Grate the **cheese** on the large side of a box grater.
- Cut off and discard the bottom  $\frac{1}{2}$  inch of the **broccoli** stem; cut the broccoli into small florets. Place in a bowl. Drizzle with **olive oil** and season with salt and pepper; toss to coat.
- Halve the **tomatoes**.
- Peel and roughly chop **2 cloves of garlic**.



## 2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. Cook 16 to 18 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Add **half the grated cheese** (you will have extra); season with salt and pepper. 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 Prepare the meatloaf

- Meanwhile, lightly oil a sheet pan.
- In a bowl, combine the **turkey, ricotta, spice blend, and breadcrumbs**; season with salt and pepper. Gently mix to combine.
- Transfer to one side of the oiled sheet pan. Shape into a tightly packed loaf, about 7 inches by 3 inches.



### CUSTOMIZED STEP 3 If you chose Ground Beef

- Prepare the meatloaf as directed, using the **beef** (instead of turkey).

## 4 Roast the meatloaf & broccoli

- Transfer the **seasoned broccoli** to the other side of the sheet pan of **prepared meatloaf**. Arrange in an even layer.
- Roast 16 to 18 minutes, or until the broccoli is tender when pierced with a fork and the meatloaf is cooked through.\*
- Remove from the oven.



### CUSTOMIZED STEP 4 If you chose Ground Beef

- Follow the directions in Step 4, but roast 14 to 16 minutes, or until the broccoli is tender when pierced with a fork and the meatloaf is cooked through.\*

## 5 Make the pan sauce

- Once the meatloaf and broccoli have roasted about 10 minutes, in a medium pan (nonstick, if you have one), heat **half the butter** on medium-high until melted.
- Add the **halved tomatoes, capers, chopped garlic, and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Add the **vinegar** (carefully, as the liquid may splatter), **remaining butter**, and **1 tablespoon of water**. Cook, stirring frequently and pressing down on the tomatoes with the back of a spoon, 2 to 3 minutes, or until thoroughly combined and the sauce is slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.



## 6 Slice the meatloaf & serve your dish

- Carefully transfer the **roasted meatloaf** to a cutting board, then slice crosswise.
- Serve the **sliced meatloaf** with the **mashed potatoes** and **roasted broccoli**. Top the meatloaf with the **pan sauce**. Top the broccoli with the **almonds**. Enjoy!



\*The USDA recommends a minimum safe cooking temperature of 165°F for turkey and 160°F for beef.

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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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