



Bucatini & Beef Meatballs



Pork Meatloaf Sandwiches & Creamy Pesto



## MEAL PREP Family Bundle

### Beef & Pork

4 servings of each:

**Bucatini & Beef Meatballs**  
with Tomato Sauce & Parmesan

**Pork Meatloaf Sandwiches & Creamy Pesto**  
with Roasted Broccoli

### Let's get cooking

**ONE PREP. TWO MEALS READY FOR THOSE BUSY NIGHTS.** Here's your easy step-by-step guide for making mealtime magic—from Prep Day to putting on the finishing touches when you're ready to serve and eat.



15 min

UNBOX + PLAN



60 min

PREP + COOK



5 min

FINISH + SERVE



These recipes were designed to reheat. See the Stop + Store section on the last page for more info.

Wine pairings available from [blueapron.com/wine](https://blueapron.com/wine)



Serve the beef dish with Blue Apron wine that has this symbol based on its flavor profile.



Serve the pork dish with Blue Apron wine that has this symbol based on its flavor profile.


**TOOLS YOU'LL NEED**

Knife, Cutting Board, Mixing Bowls, Wooden Spoon, Strainer, 1 Large Pot, 2 Sheet Pans, 1 Large Nonstick Pan

## Shared Cooking Ingredients

### For Both Recipes



## Bucatini & Beef Meatballs



## Pork Meatloaf Sandwiches & Creamy Pesto



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

**1 Prepare the ingredients**

- Preheat the oven to 450°F.
- Fill a large pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Halve, peel, and thinly slice the **onions**.
- Cut off the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Peel and roughly chop **4 cloves of garlic**.
- Place the **tomatoes** in a bowl; gently crush with your hands.
- Roughly chop the **roasted red peppers**.
- 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. Taste, then season with salt and pepper if desired.
- In a separate bowl, combine the **pesto** and **half the mascarpone** (you will have extra). Taste, then season with salt and pepper if desired.

**2 Form & bake the meatloaf**

- Line a sheet pan with foil.
- In a large bowl, combine the **pork**, **1 egg**, and **half the breadcrumbs**; season with salt and pepper. Gently mix to combine.
- Transfer to the foil. Shape the mixture into a tightly packed loaf, about 10 inches by 3 inches. Top with the **Calabrian ketchup**.
- Bake 19 to 21 minutes, or until browned and cooked through.\* Reserving the sheet pan, transfer to a cutting board.

**3 Form & bake the meatballs**

- Meanwhile, line a separate sheet pan with foil.
- In a bowl, combine the **beef**, **remaining egg**, and **remaining breadcrumbs**; season with salt, pepper, and the **Italian seasoning**. Gently mix until just combined.
- Using your hands, shape the mixture into 12 tightly packed meatballs. Transfer to the sheet pan; arrange in an even layer.
- Bake 15 to 17 minutes, or until browned and cooked through.\* Remove from the oven.

**4 Roast the broccoli**

- Cut off and discard the bottom  $\frac{1}{2}$  inch of the **broccoli** stem; cut the broccoli into small florets.
- Line the reserved sheet pan with foil.
- Transfer the **broccoli florets** to the foil. Drizzle with **olive oil**; season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

**5 Cook the vegetables**

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onions** and **sliced peppers**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until browned and softened.
- Add the **chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **vinegar**, **oregano**, **capers**, and **chopped roasted red peppers**. Cook, stirring frequently, 1 to 2 minutes, or until combined. Turn off the heat.
- Transfer **half the cooked vegetables** to a bowl. Taste, then season with salt and pepper if desired.

**6 Make the sauce**

- To the pan of **remaining cooked vegetables**, add a drizzle of **olive oil**; heat on medium-high until hot.
- Add the **tomato paste**. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- Add the **crushed tomatoes** (carefully, as the liquid may splatter) 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, 2 to 3 minutes, or until combined and slightly reduced in volume.
- Add the **crème fraîche**. Cook, stirring frequently, 1 to 2 minutes, or until combined. Turn off the heat. Taste, then season with salt and pepper if desired.



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

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Sandwiches &  
Creamy Pesto

## Bucatini & Beef Meatballs

### Cook & finish the pasta

- Add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 6 to 8 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving  $\frac{1}{2}$  cup of the **pasta cooking water**, drain thoroughly and return to the pot. Add the **sauce**, **spinach**, and **half the reserved pasta cooking water**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until the spinach is wilted and the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat. Taste, then season with salt and pepper if desired.

### 📦 STOP + STORE

If you're planning to enjoy this meal at a later time, stop here and place the prepared food in airtight containers (or tightly cover with plastic wrap). Store in the refrigerator. Use the reheating instructions below to finish.

### Finish & serve the pasta

- Serve the **finished pasta** topped with the **baked meatballs** and **parmesan**. Enjoy!

### 🔥 REHEATING INSTRUCTIONS

If you saved the pasta and meatballs for later, heat the **finished pasta and meatballs** in the microwave 1 to 2 minutes, or until heated through. Finish and serve as directed.

## Pork Meatloaf Sandwiches

### Slice the meatloaf & prepare the baguettes

- Slice the **baked meatloaf** crosswise into 8 equal-sized pieces. Halve the **baguettes**.

### 📦 STOP + STORE

If you're planning to enjoy this meal at a later time, stop here and place the prepared food in airtight containers (or tightly cover with plastic wrap). Store in the refrigerator. Use the reheating instructions below to finish.

### Finish & serve the sandwiches

- Transfer the **halved baguettes** to a sheet pan, cut side up. Drizzle with **olive oil** and season with salt and pepper. Toast in the oven 5 to 7 minutes, or until lightly browned. Transfer to a work surface. Assemble the sandwiches using the **toasted baguettes**, **creamy pesto**, **reserved cooked vegetables**, **sliced meatloaf**, and **mozzarella** (tearing into bite-sized pieces before adding).
- Serve the **sandwiches** with the **roasted broccoli**. Garnish the broccoli with the **sweetie drop peppers**, **almonds**, and **Grana Padano** (crumbling before adding). Enjoy!

### 🔥 REHEATING INSTRUCTIONS

If you saved the sandwiches for later, preheat the oven to 450°F. Heat the **finished meatloaf and vegetables** in the microwave 1 to 2 minutes, or until heated through. Finish and serve as directed.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

📷 📱 📧 Share your photos with #mealprep and #blueapron

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.  
Blue Apron, LLC, New York, NY 10005

