

Sheet Pan Italian Meatloaf & Cauliflower

with Salsa Verde Potatoes & Roasted Carrots

4 SERVINGS

40-50 MINS

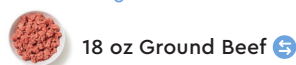
 **Blue Apron**
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

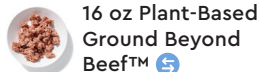
Ingredients


Customized ingredients

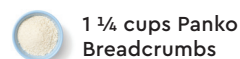


18 oz Ground Beef 

SWAPPED FOR:



16 oz Plant-Based Ground Beyond Beef™ 



1 1/4 cups Panko Bread crumbs



1 Tbsp Calabrian Chile Paste



1 Pasture-Raised Egg



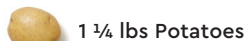
3/4 lb Carrots



1/4 cup Grated Parmesan Cheese



3 Tbsps Ketchup



1 1/4 lbs Potatoes



1 head Romanesco Cauliflower



1/3 cup Salsa Verde



1 Tbsp Italian Seasoning¹



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

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

¹ Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

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.

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.

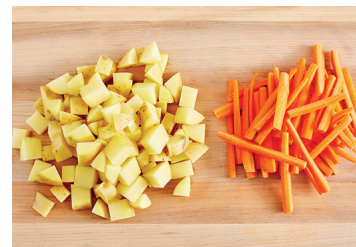


↔ CUSTOMIZED STEP 2 If you chose Beyond Beef™

- Form the meatloaf as directed, using the **Beyond Beef™**.
- Bake 24 to 26 minutes, or until the cauliflower is tender when pierced with a fork and the meatloaf is cooked through** (the center may still be red or pink).

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; 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!



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

**An instant-read thermometer should register 160°F for Beyond Beef™.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005

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