

Calabrian Chile-Glazed Meatloaf

with Roasted Potatoes & Carrots

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
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Ingredients



10 oz Ground Beef



2 cloves Garlic



¼ cup Panko
Breadcrumbs



3 Tbsps Ketchup



1 Pasture-Raised Egg



¾ lb Potatoes



¼ cup Grated
Parmesan Cheese



1 Tbsp Capers



6 oz Carrots



1 oz Sliced Roasted
Red Peppers



1 ½ tps Calabrian
Chile Paste



1 Tbsp Italian
Seasoning¹



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



"Alexa, find Blue Apron recipes."

1 Prepare & roast the vegetables

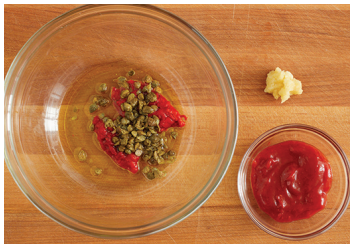
- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Peel the **carrots**; halve crosswise, then quarter lengthwise.
- Transfer the **prepared vegetables** to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



For easier cleanup, line your sheet pans with foil.

2 Prepare the remaining ingredients

- Meanwhile, peel **2 cloves of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Roughly chop the **capers** and **peppers**; combine in a large bowl. Add **1 tablespoon of olive oil**.
- In a separate 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.



3 Form & roast the meatloaf

- Coat the center of a separate sheet pan with a drizzle of **olive oil**.
- In a large bowl, combine the **beef, egg, Italian seasoning, garlic paste, breadcrumbs, and half the cheese**; season with salt and pepper. Gently mix to combine.
- Transfer to the oiled portion of the sheet pan. Shape into a tightly packed loaf, about 7 inches by 3 inches.
- Transfer **half the spicy ketchup** to a separate bowl and set aside for serving. Evenly top the meatloaf with the **remaining spicy ketchup**.
- Roast 14 to 16 minutes, or until browned and cooked through.*
- Remove from the oven and let rest at least 2 minutes.



4 Finish the vegetables & serve your dish

- Transfer the **roasted vegetables** to the bowl of **chopped capers and peppers**; toss to coat. Taste, then season with salt and pepper if desired.
- Carefully transfer the **rested meatloaf** to a cutting board and slice crosswise.
- Serve the **sliced meatloaf** with the **finished vegetables**. Top the meatloaf with the **reserved spicy ketchup** and **remaining cheese**. Enjoy!



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

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