

Italian-Style Pork Meatloaf

with Lemon-Caper Roasted Vegetables

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



Ingredients*



10 oz Ground Pork



6 oz Carrots



1 Tbsp Capers



1 Tbsp Calabrian Chile Paste



1 Pasture-Raised Egg



2 cloves Garlic



1 Lemon



3 Tbsps Ketchup



¼ cup Panko Breadcrumbs



¾ lb Potatoes



¼ cup Grated Parmesan Cheese



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 & 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.
- Using a zester or the small side of a box grater, finely grate the **lemon** to get 1 teaspoon. Quarter and deseed the lemon.
- Roughly chop the **capers**.
- In a large bowl, whisk together the **lemon zest, chopped capers, the juice of 2 lemon wedges, and 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 & bake the meatloaf

- Coat the center of a separate sheet pan with a drizzle of **olive oil**.
- In a large bowl, combine the **pork, 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 16 to 18 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

- Carefully transfer the **roasted vegetables** to the bowl of **lemon-caper dressing**; 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**. Serve the **remaining lemon wedges** on the side, if you'd like. Enjoy!



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

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. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | 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

Share your photos with #blueapron

