

Sheet Pan Italian Meatloaf

with Roasted Romanesco, Carrots & Potatoes

4 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
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Ingredients*



18 oz Ground Beef



2 Pasture-Raised Eggs



½ cup Panko Breadcrumbs



1 ¼ lbs Potatoes



1 head Romanesco Cauliflower



¾ lb Carrots



¼ cup Grated Parmesan Cheese



⅓ cup Salsa Verde



1 Tbsp Calabrian Chile Paste



3 Tbsps Ketchup



1 Tbsp Italian Seasoning¹



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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.

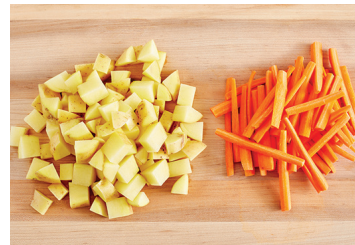
2 Form & roast the meatloaf

- 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, eggs, Italian seasoning, breadcrumbs, 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**.
- Roast 24 to 30 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.



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 24 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 **roasted 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.

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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, sesame, and wheat.
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