

Beef Meatloaf & Roasted Potatoes

with Lemon-Horseradish Green Beans

This is meatloaf at its finest. We've added a signature twist: you'll season the meat with sautéed aromatics and a little horseradish before the meatloaf is even cooked. Sautéing the aromatics first concentrates and develops their flavors. These infuse the dish as it bakes, giving it the subtle, savory taste of garlic and onions. Combined with the pleasant tang of horseradish and a hearty side of green beans, this meal is a delightful take on classic comfort food.



Ingredients

- 10 Ounces Ground Beef
- $\frac{3}{4}$ Pound Russet Potatoes
- 5 Ounces Green Beans
- 3 Cloves Garlic
- 1 Lemon
- 1 Yellow Onion

Knick Knacks

- 2 Teaspoons Prepared Horseradish
- 1 Tablespoon Worcestershire Sauce
- $\frac{1}{4}$ Cup Ketchup
- $\frac{1}{4}$ Cup Breadcrumbs
- 2 Teaspoons Meatloaf Spice Blend
(Montreal Steak Seasoning, Italian Seasoning, Ground Mustard & Aleppo Pepper)

Makes 2 Servings
About 700 Calories Per Serving



1



Prepare the ingredients:

Preheat the oven to 500°F. Wash and dry the fresh produce. Trim off the stems of the green beans; cut the beans into 1-inch pieces. Halve the potato lengthwise; cut each half into 6 spears. Peel and mince the garlic. Peel and small dice the onion. Using a peeler, remove the rind of the lemon, avoiding the pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds.

2



Cook the aromatics:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion** and **garlic**; cook, stirring frequently, 2 to 3 minutes, or until slightly softened and fragrant. Remove from heat, transfer to a plate and spread the aromatics in a single layer. Set aside to cool for 2 to 3 minutes. Wipe out the pan.

3



Roast the potatoes:

While the aromatics cool, place the **potato spears** on a sheet pan. Drizzle with olive oil and sprinkle with a **pinch of the spice blend**. Season with salt and pepper; toss to thoroughly coat. Arrange the seasoned potatoes in a single layer, cut side up. Roast 25 to 30 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

4



Make & bake the meatloaf:

While the potato spears roast, in a medium bowl, combine the **Worcestershire sauce, beef, breadcrumbs, cooled aromatics, half the horseradish** and the **remaining spice blend**; season with salt and pepper. Gently mix until combined. Form into a 6-inch by 3-inch loaf. Place the formed meatloaf in an oven-safe baking dish. Top or brush the meatloaf with the **ketchup**. Bake 28 to 30 minutes, or until the top is lightly browned and the meatloaf is cooked through. Remove from the oven and set aside. Let rest for at least 5 minutes before slicing.

5



Make the lemon-horseradish dressing:

While the meatloaf cooks, in a small bowl, combine the **lemon zest, the juice of all 4 lemon wedges** and the **remaining horseradish**; season with salt and pepper to taste. Set aside.

6



Finish & plate your dish:

While the meatloaf cools, in the same pan used to cook the aromatics, heat 2 teaspoons of olive oil on medium until hot. Add the **green beans** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the beans are slightly tender. Turn off the heat and add the **dressing**. Stir until well coated and heated through. Remove from heat and season with salt and pepper to taste. To plate your dish, slice the **meatloaf** and divide between 2 plates. Serve with the **potatoes** and **beans** on the side. Enjoy!