Coupons will be automatically applied to your account from the day of registration. Discounts are forfeit in any week an order is skipped or paused. Valid for new meal plan subscriptions only. Limit one per household. Cannot be combined with any other offer. Discount will be taken off of the price of the products and does not apply to shipping or tax, except where otherwise indicated. Redeeming this offer results in the purchase of a continuous subscription for which you will automatically receive weekly deliveries billed to your designated payment method until you cancel.

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Sweet & Spicy Sheet Pan Meatloaf
with Roasted Vegetables, Parmesan & Dijon Sour Cream

45 MIN
4 Servings
Wellness at Blue Apron
Find recipes that suit your lifestyle with our new nutritionist-approved dietary tags.
Vegetarian
These recipes don't contain meat, poultry, fish, or seafood.* They're made with fruits and vegetables, grains, legumes, nuts, and seeds. *Select artisanal cheeses may contain animal-derived rennet.
Carb Conscious
This applies to meal kit recipes with 48g or less of net carbs (total carbs minus dietary fiber) per serving. Carb Conscious Add-ons contain 20g or less net carbs.
Mediterranean Diet
Our Mediterranean recipes are inspired by the Mediterranean Diet, a healthy eating plan recommended in the Dietary Guidelines for Americans published jointly every five years by the US Department of Agriculture (USDA) and the Department of Health & Human Services (DHHS). This eating plan highlights the flavors and cooking styles from countries along the Mediterranean Sea, including those in Europe, the Middle East, and North Africa. These recipes showcase a wide variety of vegetables, fruits, and whole grains, as well as lean proteins and moderate portions of dairy.
600 Calories or Less

These meals contain 600 calories or less per serving. The US Food & Drug Administration uses 2000 calorie daily intake for general advice. The 600 calorie cap equates to 30% of the total 2000 calories per day based on 3 meals per day with 200 calories remaining for snack or beverage.
Wellness Grain
These recipes feature grains such as barley, quinoa, farro, orzo, couscous and more, handpicked by our Culinary team in collaboration with our Registered Dietitian.
Pescatarian
These recipes feature a wide array of nutritious seafood options like salmon, cod, tilapia, crab, and shrimp. While these dishes never contain meat, pork or poultry, they may contain animal derived ingredients such as milk, butter, cheese and/or honey.
30g Of Protein
These meals contain 30g or more of protein per serving, and are ideal for those looking to focus their meals around protein intake.
Keto Friendly
These meals have approximately 10% of calories from carbohydrates, 20% from protein, and 70% from dietary fats (per serving).
45g Of Protein
These meal kit recipes contain 45g or more of protein per serving, and are ideal for those looking to focus their meals around protein intake.
Nutritionist's Pick
These meals are selected by Blue Apron's Registered Dietitian Nutritionist. They are centered around nutritious and wholesome ingredients, featuring whole grains and fresh produce which provide fiber. They also contain moderate portions of dairy and lean protein while being mindful of saturated fat.
Wheat Free
These meals are prepared with ingredients that do not contain wheat. They feature grains such as barley and rice as well as proteins and vegetables.
Reduced Sodium
These Prepared and Ready dishes contain at least 25% less sodium per 100 grams (or 3.5 oz) than our average Prepared and Ready Meal as of October 1, 2024. Sodium content has been reduced from 330 mg per 100 grams to 250 mg per 100 grams. These dishes focus on ingredients with strong flavor and moderate salt.
Vegan
To view a recipe's full nutrition information, head to your Upcoming page at blueapron.com, click on a specific recipe, then head to the Nutrition tab and select 'View Full Nutrition.' Nutrition Facts Panels are available up to 1.5 weeks in advance

600 Calories or Less

From the Test Kitchen

For a delicious twist on traditional meatloaf, we're mixing ground beef with breadcrumbs, scallions, and our smoky spice blend, then roasting it with an irresistible spicy-sweet topping of ketchup, raspberry-jalapeño spread, and a bit of Calabrian chile paste. It's perfectly accompanied by a trio of roasted vegetables served with a dijon sour cream dipper.
CLICK FOR RECIPE CARD

Dietary Information

See nutrition facts for total fat, saturated fat, cholesterol, and sodium information

Carb Conscious 600 Calories or Less
Nutrition
PER SERVING

Calories
590 Cals

View Full Nutrition
Download

fresh ingredients

18 oz Ground Beef

1 Pasture-Raised Egg

1 Red Onion

1¼ lbs Potatoes

2 Bell Peppers

2 Scallions

1 oz Raspberry Jalapeño Spread

3 Tbsps Ketchup

¼ cup Grated Parmesan Cheese

½ cup Panko Breadcrumbs

1½ tsps Calabrian Chile Paste

1 Tbsp Dijonnaise

¼ cup Sour Cream

1 Tbsp Smoky Spice Blend (Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder)

Unlock this recipe and thousands more
Plus, get deliciousness delivered to your inbox—like special offers, new menu items, and more.
Email Unlock recipe
Already have an account? Sign In
By submitting this form and signing up via email, you agree to all applicable portions of the Blue Apron Terms of Use and consent to our Privacy Policy.

step-by-step instructions

1 Prepare the ingredients

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut the **potatoes** into 1/2-inch-wide wedges. Halve and peel the **onion**; cut into 1/2-inch-wide wedges. Cut off and discard the stems of the **peppers**. Quarter lengthwise; remove the ribs and seeds, then cut crosswise into 1/2-inch strips. Thinly slice the **scallions**, separating the white bottoms and hollow green tops. To make the glaze, in a bowl, combine the **raspberry spread**, **ketchup**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. In a separate bowl, combine the **dijonnaise** and **sour cream**; season with salt and pepper.

2 Roast the vegetables

Line two sheet pans with foil. Transfer the **potato wedges**, **onion wedges**, and **pepper pieces** to one sheet pan. Drizzle with **olive oil** and season with salt, pepper, and **half the spice blend**. Toss to coat and arrange in an even layer. Roast 20 to 25 minutes, or until browned and tender when pieced with a fork. Remove from the oven.

3 Form the meatloaf

Meanwhile, transfer **half the glaze** to a separate bowl and set aside for serving. Evenly coat the center of the remaining sheet pan with a drizzle of **olive oil**. In a bowl, combine the **beef**, **breadcrumbs**, **egg**, **sliced white bottoms of the scallions**, and **remaining spice blend**; season with salt and pepper. Gently mix to combine. Transfer to the oiled portion of the sheet pan. Shape the mixture into a tightly packed loaf, about 10 inches by 3 inches. Evenly top the meatloaf with the **remaining glaze**.

4 Roast the meatloaf & serve your dish

Roast the **meatloaf** 20 to 22 minutes, or until browned and cooked through.* Remove from the oven and let rest at least 2 minutes. Transfer the **rested meatloaf** to a cutting board and carefully slice crosswise. Serve the **sliced meatloaf** with the **roasted vegetables** and **dijon sour cream** on the side. Top the meatloaf with the **reserved glaze** and **sliced green tops of the scallions**. Top the vegetables with the **parmesan**. Enjoy!
**The USDA recommends a minimum safe cooking temperature of 160°F for beef.*