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.

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.

Sheet Pan Soy-Glazed Pork Meatloaf
with Sesame Roasted Potatoes & Broccoli

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

Available Options

- with Ground Pork
includes 18 oz Antibiotic-Free Ground Pork

- with Ground Beef
includes 18 oz No Added Hormones, Pasture-Raised Ground Beef View recipe

with Ground Pork

From the Test Kitchen

We're putting a twist on homestyle meatloaf by baking it with an irresistibly savory-sweet glaze of soy, hoisin, and spicy sambal—a delicious complement to the umami-rich sesame oil dressing our roasted vegetables.

CLICK FOR RECIPE CARD

Nutrition
PER SERVING

Calories
640 Cals

View Full Nutrition
Download

fresh ingredients

- 18 oz Ground Pork
- 1 lb Broccoli
- 1¼ lbs Potatoes
- 1¼ cups Panko Breadcrumbs
- 3 Tbsps Soy Glaze
- 4 Tbsps Hoisin Sauce
- 1 Tbsp Sambal Oelek
- 1 Tbsp Sesame Oil
- ⅓ cup East Asian-Style Sautéed Aromatics
- 1 tsp Black & White Sesame Seeds

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 & make the glaze

Place an oven rack in the center of the oven; preheat to 450°F. Wash and dry the fresh produce. Medium dice the **potatoes**. Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets. In a bowl, combine the **soy glaze**, **hoisin sauce**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Stir to thoroughly combine.

2 Season the vegetables

Place the **diced potatoes** and **broccoli florets** on a sheet pan. Top with the **sesame oil** and a drizzle of **olive oil**; season with salt and pepper. Toss to coat and arrange in an even layer around the edges of the sheet pan.

3 Form & roast the meatloaf

In a bowl, combine the **pork**, **breadcrumbs**, **half the sautéed aromatics** (you will have extra), and **half the glaze**; season with salt and pepper. Gently mix to combine. Transfer to the center of the sheet pan of **seasoned vegetables**. Shape the mixture into a tightly packed loaf, about 10 inches by 3 inches. Evenly spread or brush the **remaining glaze** onto the prepared meatloaf. Roast 20 to 22 minutes, or until the vegetables are tender when pierced with a fork and the meatloaf is browned and cooked through.* Remove from the oven. Transfer the roasted meatloaf to a cutting board; let rest at least 2 minutes.
**The USDA recommends a minimum safe cooking temperature of 160°F for pork.*

4 Slice the meatloaf & serve your dish

Carefully slice the **rested meatloaf** crosswise. Serve the **sliced meatloaf** with the **roasted vegetables**. Garnish with the **sesame seeds**. Enjoy!