



DOWNLOAD OUR APP!
Pick your meals, schedule deliveries, and more.

MASHED POTATO-SMOTHERED MEATLOAF

with Roasted Brussels Sprouts & Caramelized Onion Gravy

WHAT WE SEND (2 servings | 4 servings)

* Keep refrigerated



Yukon Gold Potatoes*
(5 | 10)



Yellow Onion
(1 | 1)



Garlic
(1 Clove | 2 Cloves)



Brussels Sprouts*
(1 | 2)



Panko Breadcrumbs
(1 | 1)
Contains: Wheat



Ground Beef*
(1 | 2)



Dried Oregano
(1 | 2)



Sour Cream*
(1 | 2)
Contains: Milk



Beef Stock Concentrate
(1 | 2)

You may receive potatoes that are a different color. No matter the hue, they will be just as delicious!

WHAT YOU'LL NEED

Kosher Salt
Black Pepper

Cooking Oil
(1 TBSP | 2 TBSP)

Ketchup
(2 TBSP | 4 TBSP)

Butter
(3 TBSP | 6 TBSP)
Contains: Milk

Flour
(1 TBSP | 2 TBSP)
Contains: Wheat

SHARE THE LOVE

\$20

Give friends \$20 off their first box and you'll get a \$20 credit when they cook with us.

EveryPlate.com/referral



Want to really go the extra mile with your mashed potatoes? Peel, then rinse the potatoes before dicing in step 1. This removes excess starch from the spuds, making the end result extra fluffy and silky! (A splash of milk or heavy cream while mashing never hurt either.)

1.



Adjust rack to top position ([top and middle positions for 4 servings](#)) and preheat oven to 425 degrees. **Wash and dry produce.** Dice **potatoes** into ½-inch pieces. Place potatoes in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 10–12 minutes. Drain and return potatoes to pot. Keep covered off heat until ready to mash.

3.



In a medium bowl, combine **half the panko** ([all for 4 servings](#)) and **2 TBSP water** ([4 TBSP for 4](#)). Add **beef**, **oregano**, **chopped onion**, **garlic**, **¾ tsp salt** ([1½ tsp for 4](#)), and **pepper**. ([We recommend using your hands to combine the beef mixture—they're the best tool for the job!](#)) Form into one long, 1-inch-tall loaf ([two loaves for 4](#)); place on one side of a **lightly oiled** baking sheet. Glaze **loaf** with **2 TBSP ketchup** ([4 TBSP for 4](#)). Toss **Brussels sprouts** on empty side of sheet with a **drizzle of oil**, **salt**, and **pepper**. Roast until Brussels sprouts are tender and meatloaf is cooked through, 18–20 minutes. ([For 4, divide meatloaves and Brussels sprouts between 2 sheets; roast Brussels sprouts on top rack and meatloaves on middle rack.](#))

5.



While gravy cooks, mash **potatoes** with **2 TBSP butter** ([4 TBSP for 4 servings](#)) until smooth. Season with **salt** and **pepper**.

Ground Beef is fully cooked when internal temperature reaches 160 degrees.

2.



While potatoes cook, halve, peel, and thinly slice **half the onion** ([whole onion for 4 servings](#)); finely chop a few slices until you have 3 TBSP ([6 TBSP for 4](#)). Peel and finely chop **garlic**. Trim and quarter **Brussels sprouts** lengthwise.

4.



Meanwhile, heat a **drizzle of oil** in a large pan over medium heat. Add **sliced onion** and cook, stirring, until lightly caramelized, 10 minutes. Stir in **1 TBSP butter** ([2 TBSP for 4 servings](#)) until melted. Stir in **1 TBSP flour** ([2 TBSP for 4](#)) until combined, 1 minute. Slowly whisk in **sour cream**, **stock concentrate**, and **½ cup water**. Simmer, stirring, until gravy has thickened, 1 minute. Season with **salt** and **pepper**. ([Add a splash of water if gravy gets too thick.](#))

6.



Once **Brussels sprouts** and **meatloaf** are done, remove sheet from oven; carefully remove sprouts from sheet. Heat broiler to high. Using a spoon or rubber spatula, spread **mashed potatoes** in a smooth layer over meatloaf. ([Smothering the meatloaf will help keep it juicy!](#)) Run a fork lengthwise across potatoes to create small ridges. Return to oven and broil until potatoes are lightly browned, 2–5 minutes. Carefully halve meatloaf on baking sheet. Divide Brussels sprouts and **gravy** between plates; top gravy with meatloaf.

TAG YOUR PLATES @EVERYPLATE | #EVERYPLATE

WK43–89