



## SOY-GLAZED MEATLOAVES

with Wasabi Mashed Potatoes and Roasted Carrots

### WHAT WE SEND

(2 servings | 4 servings)

❄️ **Keep refrigerated**

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



**Yukon Gold Potatoes \***  
(5 | 10)



**Carrots \***  
(12 oz | 24 oz)



**Scallions \***  
(1 | 2)



**Garlic**  
(2 Cloves | 4 Cloves)



**White Bread \***  
(1 | 2)  
*Contains wheat*



**Garlic Powder**  
(1 | 2)



**Soy Sauce**  
(2 | 4)  
*Contains soy, wheat*



**Sriracha**  
(1 | 2)



**Wasabi \***  
(1 | 2)



**Ground Beef \***  
(1 | 2)

### WHAT YOU'LL NEED

**Vegetable Oil**  
(1 tsp | 2 tsp)

**Ketchup**  
(¼ cup | ½ cup)

**Sugar**  
(2 tsp | 4 tsp)

**Butter**  
(2 TBSP | 4 TBSP)  
*Contains milk*

## CHEF'S TIP

We're not suggesting how much salt to put in your meatloaves in Step 2 because we don't trust you. We simply want to make sure you have a delicious meal, and seasoning properly = more flavor. Want to know if you've added enough salt? Pinch off a small piece of meatloaf mix and cook it in a bit of oil. Taste and adjust as needed!



1. Preheat oven to 425 degrees. **Wash and dry all produce.** Dice **potatoes** into ½-inch pieces. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens; finely chop whites. Peel and finely chop **garlic**.



2. In a medium bowl, soak **bread** with **2 TBSP water** (4 TBSP for 4 servings); break up with your hands until pasty. Stir in **beef**, **sriracha**, **scallion whites**, **half the garlic**, **salt** (we used ¾ tsp kosher salt; 1 ½ tsp for 4), and **pepper**. Form into two 1-inch-tall loaves (four loaves for 4). Place on one side of a baking sheet. Toss **carrots** on empty side with a **drizzle of oil**, **salt**, and **pepper**. (For 4, add carrots to a second baking sheet.) Bake for 20 minutes (we'll glaze the meatloaves then).



3. Meanwhile, place **potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until very tender, 10-12 minutes. Reserve ½ cup **potato cooking liquid**, then drain. While potatoes cook, in a small bowl, combine ¼ cup **ketchup** (½ cup for 4 servings), **soy sauce**, **garlic powder**, and **2 tsp sugar** (4 tsp for 4).



4. Once **meatloaves** and **carrots** have baked for 20 minutes, remove from oven. Spoon **half the ketchup mixture** over meatloaves (we'll use the rest for serving); return to oven until carrots are browned and tender, meatloaves are cooked through, and glaze is tacky, 4-5 minutes more.



5. Meanwhile, melt **2 TBSP butter** (4 TBSP for 4 servings) in pot used for potatoes over medium heat. Add **remaining garlic** and cook until fragrant, 30 seconds. Add **potatoes** and ¼ tsp **wasabi**. Mash, adding splashes of **reserved potato cooking liquid** as necessary until smooth. Season with **salt** and **pepper**. (If you like things spicy, stir in more wasabi!)



6. Divide **meatloaves**, **mashed potatoes**, and **roasted carrots** between plates. Sprinkle with **scallion greens** and serve with **remaining ketchup mixture** on the side for dipping.

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