



**GREEN
CHEF**

CHEESY ITALIAN MEATLOAVES

roasted broccoli, toasted garlic-herb bread

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

900

These aren't just any meatloaves. They're extra-delicious thanks to Parmesan cheese, fresh garlic, and a dash of Italian seasoning mixed with the ground beef, plus melty mozzarella and a tangy-sweet balsamic roasted red pepper sauce on top. Tender roasted broccoli adds a veggie boost to the meal, and buttery garlic-herb bread offers an irresistibly crispy accent on the side.

INGREDIENTS (10 ITEMS)

¼ cup **Breadcrumbs** W
 ¼ oz **Garlic**
 6 oz **Broccoli**
 10 oz **Ground beef***
 1 oz **Parmesan cheese** M
 ¾ oz **Gluten-free Worcestershire sauce** S
 ½ tsp **Italian seasoning**
 1 whole **Multigrain mini loaf** S W
 4½ oz **Balsamic roasted red pepper sauce**
 2 oz **Mozzarella cheese** M

WHAT YOU'LL NEED

2 baking sheets
 mixing bowls
 measuring spoons
 thermometer
 oven mitt
 cooking oil
 2 tbsp butter M
 salt & pepper

ALLERGENS

W WHEAT
M MILK
S SOY



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Ground beef is fully cooked when internal temperature reaches 160 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 425 degrees.
- Place 2 tablespoons butter in a small bowl. Let sit for at least 10 minutes to bring butter to room temperature.
- Place **breadcrumbs** and about 2 tablespoons water in a medium bowl. Let soak at least 5 minutes, or until softened.
- Mince **garlic**.
- Cut **broccoli** into bite-size pieces if necessary.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

MAKE MIXTURE & FORM MEATLOAVES

- Add **ground beef**, **Parmesan cheese**, about half of the **garlic**, and about 2 teaspoons of the **gluten-free Worcestershire sauce** (reserve remaining sauce for another use) to bowl with **breadcrumbs**. Season with about 1 teaspoon of the **Italian seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Mix thoroughly to evenly distribute ingredients.
- Form **beef mixture** into two oblong loaves, about ¾ inch thick.

3

BAKE MEATLOAVES

- Place **meatloaves** on a lightly oiled, foil-lined baking sheet. Bake about 20 minutes, or until browned. (You'll finish the meatloaves in Step 7.)

4

ROAST BROCCOLI

- Place **broccoli** in a second medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **broccoli** out on one side of a second lightly oiled, foil-lined baking sheet. Roast 10-15 minutes, or until lightly browned, stirring halfway through. (You'll finish the broccoli in Step 6.)

5

MAKE GARLIC-HERB BUTTER

- Add remaining **garlic** to bowl with butter. Season with salt, pepper, and remaining **Italian seasoning**. Stir to evenly distribute seasonings.

6

TOAST BREAD & FINISH BROCCOLI

- Halve **multigrain mini loaf** horizontally. Spread **garlic-herb butter** onto cut side of each half.
- Place **bread**, cut sides up, on empty side of baking sheet with **broccoli**. (**Careful! Baking sheet is hot!**) Toast 3-4 minutes more, or until broccoli is fork-tender and bread is lightly browned.

7

FINISH MEATLOAVES

- Spoon **balsamic roasted red pepper sauce** over tops of **meatloaves**. (**Careful! Baking sheet is hot!**) Sprinkle with **mozzarella cheese**. Bake 4-5 minutes, or until meatloaves are fully cooked and cheese melts.

8

PLATE YOUR DISH

- Halve **bread** widthwise at an angle.
- Divide **cheesy Italian meatloaves** between plates. Serve **roasted broccoli** and **toasted garlic-herb bread** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (439g)

Amount per serving

Calories 900

| | % Daily Value* |
|--------------------------|----------------|
| Total Fat 58g | 74% |
| Saturated Fat 24g | 120% |
| Trans Fat 0g | |
| Cholesterol 160mg | 53% |
| Sodium 1690mg | 73% |
| Total Carbohydrate 48g | 17% |
| Dietary Fiber 5g | 18% |
| Total Sugars 10g | |
| Includes 2g Added Sugars | 4% |
| Protein 46g | |
| Vitamin D 0mcg | 0% |
| Calcium 465mg | 35% |
| Iron 6mg | 35% |
| Potassium 488mg | 10% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Ground Beef [beef], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Balsamic Roasted Red Pepper Sauce** (Roasted Red Peppers [bell pepper], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [balsamic vinegar, grape must], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Sunflower Oil [high oleic sunflower oil], Sea Salt, Water, Ascorbic Acid [ascorbic acid]), **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Worcestershire Sauce** [organic apple cider vinegar, molasses, wheat-free tamari (water, soybeans, salt), filtered water, cane sugar, salt, lemon juice concentrate, ginger puree, tamarind, chili pepper, garlic powder, xanthan gum, shiitake mushrooms, allspice, cloves, orange extract, lemon extract, smoke flavor, onion oil], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Multigrain Mini Loaves** [unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, canola oil, molasses, granulated sugar, salt, dough conditioner, dough conditioner (soy protein, monglycerides, modified cellulose salt, soybean oil, soy lecithin) cultured wheat flour, yeast, dough conditioner (wheat, flour, soybean oil, enzymes), wheat gluten, wheat bran, natural enzymes], **Garlic, Broccoli**

Allergen information:

Contains Wheat, Soy And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.