



**GREEN  
CHEF**

# PINEAPPLE TERIYAKI MEATLOAVES

*Roasted green beans & rice with pickled ginger*

## COOK TIME

35 MIN

## SERVINGS

2

## CALORIES PER SERVING

790

The secret to tonight's irresistible meatloaves? A luscious sweet-savory glaze. Our chefs played up the sweetness of teriyaki sauce by adding juicy pineapple to the mix. The tangy, umami-rich sauce is drizzled over the hearty loaves, served here with fluffy jasmine rice and pickled ginger. A side of crisp-tender roasted green beans adds a pop of color to the comforting meal.

## INGREDIENTS (7 ITEMS)

10 oz **Ground beef**  
5 ¼ oz **Pineapple**  
2 ¼ oz **Gluten-free teriyaki sauce** S  
¼ cup **Breadcrumbs** W  
6 oz **Green beans**  
½ cup **Jasmine rice**  
½ oz **Pickled ginger**

## WHAT YOU'LL NEED

small pot with lid  
small sauté pan  
baking sheet  
mixing bowls  
measuring cup & spoons  
thermometer  
oven mitt  
cooking oil  
2 tbsp butter M  
salt & pepper

## ALLERGENS

S SOY  
W WHEAT  
M MILK



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.

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 [help.greenchef.com](https://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 COOK RICE

- Preheat oven to 425 degrees.
- Bring **jasmine rice**, 1 cup water, about ¼ teaspoon salt, and a pinch of pepper to a boil in a small pot. Stir. Reduce heat to medium-low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes.

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 PREP

- Place **breadcrumbs** in a medium bowl. Add about 1 tablespoon of the **gluten-free teriyaki sauce** and about 1 tablespoon water. Stir to combine. Let soak 2-3 minutes, or until softened.
- Trim stem ends off **green beans**. Halve widthwise. Place in a second medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with salt and pepper. Stir to coat.
- Roughly chop **pineapple** (reserve any juice in pouch).
- Finely chop **pickled ginger**.

## 3 MAKE MIXTURE &amp; FORM MEATLOAVES

- Add **ground beef** to bowl with **breadcrumbs**. Season with about ¼ teaspoon salt and a pinch of pepper. Mix thoroughly to evenly distribute breadcrumbs and seasonings.
- Form **beef mixture** into two loaves, about ½ inch thick.

## 4 ROAST MEATLOAVES &amp; GREEN BEANS

- Place **meatloaves** on one side of a lightly oiled, foil-lined baking sheet. Roast 8-10 minutes.
- Spread **green beans** out in a single layer on open side of baking sheet with meatloaves. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast 12-15 minutes, or until meatloaves are fully cooked\* and green beans are crisp-tender, stirring green beans halfway through.

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

## 5 MAKE GLAZE

- Heat a dry small sauté pan over medium-high heat. Add **pineapple**. Cook 3-4 minutes, or until lightly charred, stirring occasionally.
- Reduce heat to medium. Add remaining **teriyaki sauce**, any reserved **pineapple juice**, and about 1 tablespoon water. Cook 1-2 minutes, or until glaze is slightly reduced, stirring frequently.
- Remove from heat. Add 1 tablespoon butter. Season with salt and pepper. Stir until butter melts.

## 6 FINISH RICE

- Fluff **rice** with a fork. Add 1 tablespoon butter to pot. Stir until butter melts. Add **pickled ginger** to taste. Salt and pepper to taste. Stir to combine.

## 7 PLATE YOUR DISH

- Cut **meatloaves** into 4-6 slices each.
- Divide **rice with pickled ginger** between plates. Shingle **meatloaves** against rice. Spoon **pineapple-teriyaki glaze** over meatloaves. Pile **roasted green beans** on the side. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (432g)

Amount per serving

Calories 790

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 1160mg	50%
Total Carbohydrate 66g	24%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 6mg	35%
Potassium 219mg	4%

\* 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, Breadcrumbs (bleached wheat flour, yeast, sugar, salt), Gluten-free teriyaki sauce (water, tamari (water, soybeans, salt, alcohol), cane sugar, apple cider vinegar, ginger, sesame oil, sea salt, tapioca starch, xanthan gum, lemon juice concentrate, garlic, onion, black pepper, red pepper, ginger, citric acid)), Green beans, Pickled ginger (ginger, sugar, water, rice vinegar, citric acid), Jasmine rice, Pineapple

Allergen information:

Contains Soy And Wheat

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.