

INGREDIENTS

2 PERSON | 4 PERSON



Carrots



Zucchini



Sun-Dried Tomatoes





¼ Cup | ½ Cup Panko Breadcrumbs **Contains: Wheat**



10 oz | 20 oz Ground Beef**



1 TBSP | 2 TBSP Italian Seasoning



2.5 oz | 5 oz Israeli Couscous **Contains: Wheat**



Chicken Stock Concentrates





ANY ISSUES WITH YOUR ORDER? THERE TOO. SCAN HERE TO GET HELP!

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package rest assured it contains the correct amount.

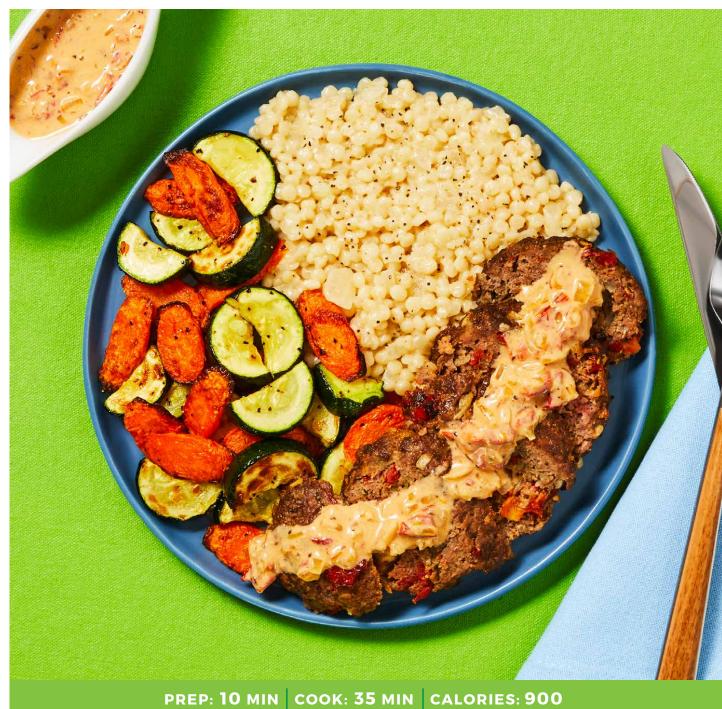
HELLO

SUN-DRIED TOMATOES

These sun-kissed beauties are bursting with rich, tangy, extra-savory flavor.

SUN-DRIED TOMATO MEATLOAVES

with Onion Couscous & Roasted Carrot-Zucchini Jumble





TENDER IS THE MEAT

A simple mix of panko and water helps keep your meatloaves moist and tender (as does a light touch when forming the loaves).

BUST OUT

- Peeler
- Small pot
- · Baking sheet
- Small pan
- Medium bowl
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (2 tsp | 2 tsp)
- Sugar (¼ tsp | ½ tsp)
- Butter (1½ TBSP | 3 TBSP)
 Contains: Milk



1 PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Trim, peel, and cut carrots on a diagonal into ½-inch-thick pieces. Trim and halve zucchini lengthwise; cut crosswise into ½-inch-thick half-moons. Finely chop sun-dried tomatoes. Halve, peel, and finely dice onion.



2 ROAST VEGGIES

 Toss carrots and zucchini on one side of a baking sheet with a large drizzle of olive oil, salt, and pepper (for 4 servings, spread out across entire sheet). Roast on top rack for 5 minutes (you'll add more to the sheet then).



- Meanwhile, in a medium bowl, combine panko with 1 TBSP water (2 TBSP for 4 servings); mix with your hands until pasty. Add beef*, Italian Seasoning, half the sun-dried tomatoes, 2 TBSP onion (4 TBSP for 4), ½ tsp salt (1 tsp for 4), and pepper; mix to combine.
- Form **beef mixture** into two 1-inch-tall loaves (four loaves for 4).



4 BAKE MEATLOAVES

- Once veggies have roasted 5 minutes, remove sheet from oven. Add meatloaves to empty side of sheet. (For 4 servings, leave veggies roasting; add meatloaves to a second sheet and bake on middle rack.)
- Return to top rack; roast until veggies are browned and tender and meatloaves are cooked through, 15-18 minutes.



5 COOK COUSCOUS

- Meanwhile, heat a drizzle of oil in a small pot over medium-high heat. Add couscous and half the remaining onion; cook, stirring, until couscous is lightly toasted and onion is softened, 4-6 minutes.
- Stir in ¾ cup water (1¼ cups for 4 servings); bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



6 MAKE SAUCE

- While couscous cooks, heat a drizzle of oil
 in a small pan over medium-high heat.
 Add remaining onion and remaining
 sun-dried tomatoes; cook, stirring
 occasionally, until softened, 3-5 minutes.
 Season with a pinch of salt and pepper.
- Add half the stock concentrates, ½ cup water, and ¼ tsp sugar (¾ cup water and ½ tsp sugar for 4 servings); cook, stirring occasionally, until thickened, 2-4 minutes.
- Turn off heat. Stir in cream cheese until smooth. Season with salt and pepper to taste.



7 FINISH & SERVE

- To pot with couscous, stir in 1½ TBSP butter (3 TBSP for 4 servings) and remaining stock concentrate. Taste and season with salt and pepper.
- Divide meatloaves, couscous, and roasted veggies between plates. Drizzle meatloaves with as much sauce as you like. Serve with any remaining sauce on the side.