



MINI PORK MEATLOAVES

with Sautéed Red Cabbage & Sweet Potato Wedges

PREP: 15 MIN
TOTAL: 35 MIN

LEVEL 1

NUT FREE



HELLO

BBQ SEASONING

Adds an addictive sweet and smoky flavor

INGREDIENTS:

- Red Onion
- Chives
- Sweet Potatoes
- Ground Pork
- Panko Breadcrumbs (Contains: Wheat)
- Sweet & Smoky Barbecue Seasoning
- Barbecue Sauce
- Red Wine Vinegar
- Red Cabbage

FOR 4 PEOPLE:

- 1
- ¼ oz
- 24 oz
- 16 oz
- ¼ Cup
- 2 tsp
- ½ Cup
- 2 TBSP
- 8 oz

NUTRITION PER SERVING

530 cal | Fat: 20 g | Sat. Fat: 7 g | Protein: 30 g | Carbs: 56 g | Sugar: 21 g | Sodium: 422 mg | Fiber: 7 g

START STRONG

Make sure to use your sharpest knife when chopping the chives. A dull knife will bruise them and prevent crisp, clean cuts. Or, bust out those kitchen scissors!



BUST OUT

- 2 Baking sheets
- Large pan
- Olive oil (4 tsp)
- Sugar (1 tsp)
- Butter (1 TBSP) (Contains: Milk)
- Medium bowl
- Small bowl



1 PREHEAT AND PREP

Wash and dry all produce.

Preheat oven to 425 degrees. Peel and halve **onion**. Finely chop one half and thinly slice other half. Roughly chop **chives**.

2 PREP SWEET POTATOES

Cut **sweet potatoes** into wedges. Toss with a large drizzle of **olive oil** on a baking sheet. Season generously with **salt** and **pepper**.

3 FORM MEATLOAVES

In a medium bowl, combine **minced onion, pork, panko, 2 tsp barbecue seasoning** (we sent more), and $\frac{1}{2}$ **tsp salt**. Gently mix until just combined. Form into four 1-inch **meatloaves**, and place on a lightly oiled baking sheet. Spread **barbecue sauce** over each **meatloaf**.



4 BAKE MEATLOAVES AND SWEET POTATOES

Add **meatloaves** to baking sheet with **sweet potatoes**. **Bake** until **sweet potatoes** are browned and **meatloaves** are no longer pink in middle, about 20 minutes. **TIP:** Toss **sweet potatoes** halfway through to brown on both sides.

5 COOK CABBAGE

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. In a small bowl, stir **vinegar** and **1 tsp sugar** until dissolved. Add **sliced onion, cabbage, and butter** to pan. Season with **salt** and **pepper**. Cook until just softened, about 4 minutes. Stir in **vinegar mixture**. Cook until **veggies** are starting to brown, about 3 minutes, stirring occasionally.

6 FINISH

Serve **meatloaves** with **cabbage** and **sweet potatoes** on the side. Sprinkle **chives** on top.

YUM!

Get those perfectly roasted sweet potatoes before they're all gone.

