



# MINI PORK MEATLOAVES

with Sautéed Red Cabbage and Sweet Potato Wedges

PRONTO



## HELLO BBQ SAUCE

Adds an addictive sweet and smoky flavour

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 828



Ground Pork



Shallot



Sweet Potato, wedges



Panko Breadcrumbs



Chives



BBQ Sauce



Red Cabbage, shredded



Red Wine Vinegar

## BUST OUT

- Baking Sheet
- Grater
- Measuring Spoons
- Large Non-Stick Pan
- Medium Bowl
- Silicone Brush
- Sugar (1 tsp | 2 tsp)
- Butter 2 (2 tbsp | 4 tbsp)
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Ground Pork 250 g | 500 g
- Shallot 1 | 2
- Sweet Potato, wedges 340 g | 680 g
- Panko Breadcrumbs 1 ¼ cup | ½ cup
- Chives 10 g | 20 g
- BBQ Sauce 6,9 ¼ cup | ½ cup
- Red Cabbage, shredded 227 g | 454 g
- Red Wine Vinegar 9 2 tbsp | 4 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG

Preheat the oven to **425°F** (to roast the sweet potatoes and bake meatloaves). Start prepping when the oven comes up to temperature!



**1 ROAST SWEET POTATOES**  
Wash and dry all produce.\* On one side of a baking sheet, arrange the **sweet potatoes** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, flipping the potatoes halfway through cooking, until golden-brown, 22-24 min. (**NOTE:** Halfway through cooking should be around the same time as Step 3!)



**4 COOK MEATLOAVES**  
Roast in the centre of the oven until the **meatloaves** are cooked through and the **sweet potatoes** are golden-brown, 8-10 min. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F.\*\*)



**2 PREP**  
Meanwhile, grate the **shallot(s)**. Finely chop the **chives**. In a medium bowl, combine the **pork**, **panko**, shallot, **half the chives** and **2 tbsp BBQ sauce** (double for 4 ppl). Season with **salt** and **pepper**. Form the mixture into **four** ¾-inch thick mini oval-shaped meatloaves (8 loaves for 4 ppl.)



**5 BRAISE CABBAGE**  
Meanwhile, heat the same pan over to medium-low heat. Add the **cabbage**, **vinegar**, **2 tbsp butter** (double for 4 ppl) and **1 tsp sugar** (double for 4 ppl). Season with **salt** and **pepper**. Cover and cook, stirring occasionally, until the cabbage is fork-tender, 5-6 min.



**3 SEAR MEATLOAVES**  
Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **meatloaves**. Cook until slightly golden-brown, 1-2 min per side. Remove the pan from the heat and transfer the meatloaves to the other side of the baking sheet with the **sweet potatoes**. Brush the **remaining BBQ sauce** over each loaf. (**NOTE:** Flip over the sweet potatoes!)



**6 FINISH AND SERVE**  
Add the **remaining chives** to the **cabbage** and stir together. Divide the **meatloaves**, cabbage and **sweet potatoes** between plates.

## YUM!

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