



Smart Fig-Glazed Mini Turkey Meatloaves

with Crispy Potatoes and Creamy Green Beans

Carb Smart

Calorie Smart

30 Minutes



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Ground Turkey



Double Ground Turkey



Panko Breadcrumbs



Dried Rosemary



Garlic Salt



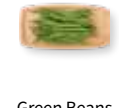
Fig Spread



Dijon Mustard



Red Potato



Green Beans



Cream Cheese

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO FIG SPREAD

This sweet condiment is punctuated with crunchy fig seeds!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, colander, measuring spoons, silicone brush, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 g
Panko Breadcrumbs	¼ cup	½ cup
Dried Rosemary	1 tsp	2 tsp
Garlic Salt	1 tsp	2 tsp
Fig Spread	2 tbsp	4 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Red Potato	5	10
Green Beans	170 g	340 g
Cream Cheese	21 ½ g	43 g
Unsalted Butter*	1 ½ tbsp	3 tbsp
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Parboil potatoes

- Quarter **potatoes**.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 10-12 min.
- Drain **potatoes**.

4



Cook green beans

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **green beans** and **½ cup** (1 cup) **water**. Bring to a simmer.
- Once simmering, cook, stirring occasionally, until **green beans** are tender-crisp and **water** reduces by half, 3-4 min.
- Add **half the cream cheese** (use all for 4 ppl) and **remaining garlic salt**.
- Cook, stirring often, until **sauce** is smooth and **green beans** are tender, 2-3 min. (**TIP:** If the sauce reduces too much, 1 tbsp water at a time, until desired consistency is reached.)
- Season with **pepper**, to taste.
- Add **½ tbsp** (1 tbsp) **butter** and **remaining Dijon**, then stir until **butter** melts.

2



Prep and make meatloaves

- Trim, then halve **green beans**.
- Line a baking sheet with parchment paper.
- Add **turkey**, **panko**, **half the Dijon**, **half the dried rosemary** and **half the garlic salt** to a large bowl. Season with **pepper**, then combine.

If you've opted for **double turkey**, add an **extra ¼ tsp** (½ tsp) **salt** to **mixture**. Prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **turkey**.

5



Finish potatoes

- Transfer **green beans** to a plate, then cover to keep warm.
- Carefully wipe the pan clean.
- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **potatoes**. Cook, stirring occasionally, until golden-brown, 4-5 min. Season with **salt** and **pepper**, to taste.

3



Bake meatloaves

- Divide **turkey mixture** into **2 equal portions** (4 portions for 4 ppl).
- Form **each portion** into a 1-inch-thick oval on the parchment-lined baking sheet.
- Brush **fig spread** over **tops of meatloaves**.
- Bake in the **top** of the oven until cooked through, 14-16 min.**

6



Finish and serve

- Divide **meatloaves**, **potatoes** and **green beans** between plates.

Dinner Solved!



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