



## Glazed Chicken Apple-Cheddar Meatloaf

with Roasted Carrots & Green Beans



30-40min



2 Servings

We love a classic meatloaf, but even the best dishes need a revamp once in a while. Our sweet and savory take on this comfort food staple blends ground chicken with sweet apples and melted cheddar cheese, topped with tangy apricot glaze. The loaves roast alongside carrots and green beans for a one-sheet pan dinner that's a treat for your taste buds and makes for easy clean up.



## What we send

- ½ lb green beans
- 2 carrots
- 1 Granny Smith apple
- 2 (½ oz) apricot preserves
- ¼ oz granulated garlic
- 10 oz pkg ground chicken
- 2 oz shredded cheddar-jack blend <sup>7</sup>
- 1 oz panko <sup>1</sup>
- ¼ oz all-purpose spice blend
- ¼ oz fresh parsley

## What you need

- olive oil
- kosher salt & ground pepper
- ketchup
- apple cider vinegar (or white wine vinegar)
- 1 large egg <sup>3</sup>
- butter <sup>7</sup>

## Tools

- rimmed baking sheet
- box grater

## Cooking tip

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## Allergens

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 620kcal, Fat 27g, Carbs 50g, Protein 48g



### 1. Prep veggies

Preheat oven to 450°F with a rack in the upper third. Snap ends from **green beans**. Scrub **carrots**, then cut into 2-inch sticks. Transfer green beans and carrots to a rimmed baking sheet; toss with **2 teaspoons oil** and season with **salt** and **pepper**.



### 4. Roast meatloaves

Form **meatloaf mixture** into 2 oval patties. Place **meatloaves** on baking sheet between **green beans and carrots**. Roast on upper rack for 10 minutes. Remove from oven and spoon **glaze** over tops of meatloaves. Return to oven and continue roasting until meatloaves reach 165°F internally and veggies are tender, about 10 minutes more.



### 2. Prep apple & glaze

Halve **apple**, then peel one half (save remaining half for own use). Coarsely grate peeled apple into a medium bowl; discard core. In a small bowl, stir to combine **all of the apricot preserves**, **1 tablespoon ketchup**, and **1 teaspoon vinegar**; season with **salt** and **pepper**. Set glaze aside until step 4.



### 5. Chop parsley

Meanwhile, coarsely chop **parsley leaves and stems**. Set **1 tablespoon butter** out to soften.



### 3. Assemble meatloaf

To bowl with **grated apple**, add **¼ teaspoon granulated garlic**, **ground chicken**, **cheese**, **¼ cup panko**, **1 large egg**, **½ teaspoon each of all purpose seasoning and salt**, and **a few grinds of pepper**; knead gently until combined.



### 6. Finish & serve

Transfer **meatloaves** to plates. Add **softened butter** and **chopped parsley** to baking sheet with **veggies**; stir until **butter** melts. Season to taste with **salt** and **pepper**. Serve **meatloaves** with **roasted veggies** alongside. Enjoy!