




Mediterranean Chicken Meatloaf

with Feta Mashed Potatoes & Brussels Sprouts

 30-40min  2 Servings

This is not your mother's meatloaf! We've infused the all-American favorite with punchy Mediterranean flavors and ingredients, for a new take on a classic. Ground chicken is combined with garlic, panko, and Italian seasoning, then formed into individual loaves and roasted. We serve the loaves with a flavorful relish of sun-dried tomatoes and balsamic, alongside creamy, feta-studded mashed potatoes and crisp Brussels sprouts.

What we send

- 3 Yukon gold potatoes
- ½ lb Brussels sprouts
- garlic
- 10 oz pkg ground chicken
- 1 oz panko ¹
- ¼ oz Italian seasoning
- 2 oz sun-dried tomatoes ¹⁷
- 2 (2 oz) feta ⁷
- 2 (1 oz) sour cream ⁷

What you need

- kosher salt & ground pepper
- 1 large egg ³
- olive oil
- balsamic vinegar (or red wine vinegar)
- sugar

Tools

- medium saucepan
- rimmed baking sheet
- potato masher or fork

Allergens

Wheat (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 890kcal, Fat 41g, Carbs 89g, Protein 59g



1. Boil potatoes

Preheat oven to 450°F with a rack in the upper third. Peel **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan. Add enough **salted water** to cover by 1 inch. Cover and bring to a boil over high heat; uncover and cook until easily pierced with a fork, 10-12 minutes. Reserve **¼ cup cooking water**. Drain and return potatoes to saucepan off the heat. Cover to keep warm.



4. Make relish

While **meatloaves** roast, finely chop **sun-dried tomatoes**. In a small bowl, stir to combine sun-dried tomatoes, **1 tablespoon oil**, **1 teaspoon vinegar**, and **½ teaspoon each of chopped garlic and sugar**. Season to taste with **salt and pepper**.



2. Prep ingredients

Meanwhile, trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). Finely chop **2 teaspoons garlic**. In a medium bowl, knead gently to combine **ground chicken, panko, 1 large egg, 1 teaspoon each of the chopped garlic and Italian seasoning, ½ teaspoon salt, and a few grinds of pepper**.



5. Mash feta potatoes

Return saucepan with **potatoes** to medium heat. Add **remaining chopped garlic** and cook, stirring frequently, until pale and any liquid is evaporated, about 2-3 minutes. Using a potato masher or fork, mash potatoes with **all of the feta cheese and sour cream** and **reserved cooking water** until smooth. Season to taste with **salt and pepper**.



3. Roast meatloaves

Toss **Brussels sprouts** with **2 tablespoons oil** on a rimmed baking sheet; season with **salt and pepper**. Form **meatloaf mixture** into 2 (4-inch) long oval patties. Place meatloaves on baking sheet between Brussels sprouts. Roast on upper oven rack until just firm to the touch and cooked to 165°F internally, 12-18 minutes.



6. Serve

Serve **meatloaves** with **feta mashed potatoes** and **Brussels sprouts** alongside. Spoon **sun-dried tomato relish** over top of **meatloaves**. Enjoy!