



INT

Approx.
Cook Time:
2 hrs

Nutrition Facts

Serving size 1 meal (517g)

1 Serving: Meatloaf 1 piece (226.8g), Green Beans 1 cup (113.4g), Farfalle Pasta 1 cup (56.7g), Lemon Herb 1/4 cup (85.1g), BBQ Sauce 1 tbsp (28.4g), Toasted Almonds 1/2 tbsp (7.1g)

Amount per serving

Calories 1200

	% Daily Value*
Total Fat 72g	92%
Saturated Fat 33g	165%
Trans Fat 2g	0%
Cholesterol 230mg	77%
Sodium 1220mg	53%
Total Carbohydrate 87g	32%
Dietary Fiber 7g	25%
Total Sugars 22g	0%
Includes 15g Added Sugars	30%

Protein 54g

Vit. D 0mcg 0% • Calcium 360mg 25%
Iron 6.9mg 40% • Potas. 770mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Due to the long sous vide cook time some temperature settings are below the FDA recommended temperatures. Please use caution when cooking below the FDA recommended temperatures.

Glazed Meatloaf

with Lemon Herb Farfalle and Green Beans

Ingredients: Meatloaf (Ground Beef, Bread Crumbs (Bleached Wheat Flour, Salt, Dextrose, Spices, Dehydrated Garlic, Dehydrated Onion, Yeast, Romano Cheese (Pasteurized Part Skim Cow's Milk, Cultures, Enzymes, Salt), Highly Refined Soybean Oil, Maltodextrin, Dehydrated Parsley, Paprika, Vinegar Solids, Modified Corn Starch, Unsalted Butter (Pasteurized Cream, Natural Flavor), Natural Flavor), Water, Marinara Sauce (Tomatoes, Blend Of Extra Virgin Olive Oil & Sunflower Oil, Salt, Onion, Sugar, Black Pepper, Basil, Oregano, Parsley, Naturally Derived Citric Acid), Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Dried Whole Egg Solids, Natural Flavor, Garlic In Water (Garlic, Water, Phosphoric Acid, Sodium Benzoate And Potassium Sorbate (Preservatives)), Sea Salt, Pepper, Yeast Extract, Umami Flavor (Maltodextrin, Natural & Artificial Flavor, Salt, Modified Food Starch, Silicon Dioxide, Yeast Extract, And Talin), Spice), Greens Beans, Vegetable Stock (Water, Vegetable Extract (Onion, Leek, Celeriac, Celery, Carrot, Tomato, Potato, Parsley, Garlic, Bay Leaf, Rosemary Extract)), Butter (Cream (Milk)), Natural Flavor (Lactic Acid)), Expeller Pressed Canola Oil, Chablis Wine (1.5% Salt, Contains Sulfites), Cornstarch, Sea Salt, Lemon Juice, Lemon Peel, Lemon Zest (Lemon Peel, Water, Citric Acid), Whey Protein, Thixogum (Acacia Gum And Xanthan Gum), Sugar, Lemon Zest Oil Extract (Natural Lemon Zest Flavor (Flavor Contains Vegetable Oil), Onion Powder, Citric Acid, Garlic Powder, Yeast Extract, Chives, Parsley, Spices, Dill, Cayenne Pepper, Turmeric, Farfalle (Semolina, Durum Wheat Flour), Bbq Sauce (Tomato Puree (Tomato Paste, Water), Brown Sugar, Sugar, Honey, Molasses, Distilled Vinegar, Water, Salt, Raisin Paste, Tamari Soy Sauce (Water, Soybeans, Salt, Sugar), Natural Flavor, Orange Juice Concentrate, Dried Onion, Paprika, Anchovy Paste (Anchovies, Salt, Water), Chili Pepper Powder, Garlic Powder, Natural Smoke Flavor, Celery Seed, Spice, Brown Mustard), Almonds
Allergens: Milk, Egg, Wheat, Soy, Almond.

Collect the following:

	2 servings (pcs)	4 servings (pcs)
Meatloaf	2	4
Green Beans	1	2
Farfalle Pasta	1	2
Lemon Herb	1	2
BBQ Sauce	2	4
Toasted Almonds	1	2



Questions? Email help@suvie.com

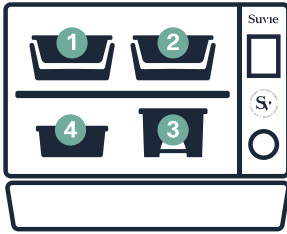
Glazed Meatloaf

with Lemon Herb Farfalle and Green Beans

Hold this corner to logo on Suvie



Collect from your pantry:
olive oil, salt, pepper



1. Vegetables: Green Beans

Open package & pour into Suvie pan, Place pan in **upper left** cooking zone.

2. Protein: Meatloaf

Don't cut open packages! Place in Suvie pan and fully cover with water. Place in **upper right** cooking zone.

3. Starch: Farfalle Pasta

Pour into strainer. **Do not add water.** Place in **bottom right** cooking zone with **FRONT** facing outwards. **Don't forget to add salt!**

4. Sauce: Lemon Herb, BBQ Sauce

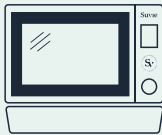
Don't cut open package! Place **lemon herb sauce** in **lower left** cooking zone. **Do not add water.** If scheduling this meal keep sauce in your refrigerator until meal is complete and follow microwave instructions.

5. Garnishes: Toasted Almonds

Keep garnishes in fridge.

6. Scan this card

Hold **the corner of this card** to the logo on Suvie until scanned.



7. Set Suvie

- **Don't forget to fill the reservoir** to the fill line indicated.
- Choose **Cook Now, Refrigerate, or Schedule** on the screen.
- You can also **customize** the cook times to your liking!
- Wait until cook is done before proceeding to the steps below.



8. Carefully remove pan (**it will be hot!**) with **meatloaf** from Suvie & drain water. Remove **meatloaf** from packaging & discard liquid.



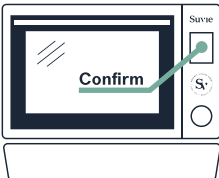
9. Place meatloaf in Suvie pan and pat dry.



10. Glaze meatloaf with the **BBQ sauce**. Return pan to Suvie.



11. Season **green beans** with **olive oil, salt,** and **pepper** to taste. Return pan to Suvie.



12. Confirm broil times on Suvie screen. Close Suvie door & select "**Start Broil.**"



13. After the broil, remove starch pan from Suvie & transfer **farfalle** to a bowl. Cut open **lemon herb sauce** and combine with pasta. (If you scheduled the cook heat the sauce in the microwave in a microwave safe container for 30 sec - 1 min until hot.)



14. Divide the lemon herb farfalle and green beans between plates, garnish the green beans with **toasted almonds**. Top with meatloaf and coat with any additional glaze.