

Mediterranean Meatloaf

Cooking Instructions

This dish has 2 parts: Meatloaf and Garlic Yogurt Sauce.

Garlic Yogurt Sauce: Let sauce thaw at room temperature while meatloaf cooks. Shake well to emulsify.

Meatloaf Cooking Method – Choose One:

Freezer to Oven: Preheat oven to 350°F. Bake frozen meatloaf, uncovered, for approximately 1 1/2 to 2 hours, until internal temperature is reached.

Thawed: Preheat oven to 350°F. Bake thawed meatloaf, uncovered, for 45-60 minutes, or until internal temperature reaches 165°F.

Sauce: Drizzle Garlic Yogurt Sauce on top.

Internal temp: 165°F.

Serving Suggestion: Field green salad with a lemon vinaigrette.

Please Note: Cooking times are estimates and vary based on your actual oven, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.



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