



HOW TO MAKE MEATLOAF

Ingredients:



500g extra lean beef mince



1 cup fresh wholemeal breadcrumbs



1 small brown onion, grated



1 carrot, peeled, coarsely grated



2 tablespoons tomato sauce



2 tablespoons flat-leaf parsley leaves, chopped



1 egg, lightly beaten



1/4 cup barbecue sauce



8 chat potatoes, halved



1 bunch Dutch carrots, peeled, trimmed



150g green beans, trimmed

Method:

- Preheat oven to 180°C. Line a baking tray with baking paper. Place mince, breadcrumbs, onion, carrot, tomato sauce, parsley and egg in a large bowl. Season with salt and pepper. Using clean hands, mix until well combined.
- Shape mince into a 10cm x 18cm rectangle. Place on prepared tray. Bake for 25 to 30 minutes or until firm to touch. Remove from oven. Drain excess fat.
- Spoon barbecue sauce over top of meatloaf. Return to oven and cook for a further 10 minutes or until top is glazed. Stand on tray for 5 minutes.
- Meanwhile, place potato, carrot and beans in separate microwave-safe plastic bags. Twist tops to seal. Microwave each on HIGH (100%) for 1 1/2 to 2 minutes or until almost tender. Slice meatloaf. Serve with vegetables.



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Recipe information:
<http://www.taste.com.au/recipes/585/healthy+meatloaf>