



Meatloaf

SERVES 4

INGREDIENTS

700g lean beef mince
1 onion, finely chopped
1 garlic clove, crushed
2 tbs chopped parsley
½ tsp chilli powder
2 tsp Dijon mustard
2 tsp Worcestershire sauce

1 tbs tomato paste
1 egg
400g can cherry tomatoes, drained
½ cup allowed tomato pasta sauce

To serve

Notatoes (see recipe [here](#))

METHOD

1. Preheat oven to 200°C.
2. Combine all ingredients, except tomatoes and tomato pasta sauce, in a large bowl and mix well with your hands. Place a sheet of baking paper on top of a sheet of foil, each approximately 40cm long. Form the meatloaf into a log in the centre of the paper and bring up the sides and secure.
3. Combine the cherry tomatoes and sauce in a bowl.
4. Place the meatloaf on a baking tray, top with the tomato mix, and bake for 1 hour or until cooked through. Allow to rest for 15 minutes before cutting.
5. Serve with notatoes.

