



# Meatloaf

## Equipment

- Knife
- Chopping board
- Scales
- Grater
- Measuring spoons
- Mixing bowl
- Metal or wooden spoon
- 25cm x 15cm loaf tin (for cooking meatloaf)
- Saucepan (for cooking sauce)

## Ingredients

	4-6 serves
<b>For the meatloaf</b>	
Fresh bread, broken into small cubes	1 slice bread
Water	2 tablespoons
Lean beef mince	500 grams
Onion, grated	½ onion
Parsley, fresh, finely diced	2 tablespoons
Parmesan cheese, grated	¼ cup
Salt reduced tomato paste	2 tablespoons
Eggs, beaten	1 egg
Herbs, fresh or dried^	2 teaspoons
Salt and pepper	To taste
<b>For the tomato sauce</b>	
Olive oil	2 teaspoons
Onion, diced	½ onion
Brown sugar	1 tablespoon
Salt reduced tomato paste	2 teaspoons
Tomato passata	¾ cup
Worcestershire sauce	1 teaspoon
Apple cider vinegar	2 tablespoons
Salt and pepper	To taste

## Method

### To make the tomato sauce

- 1 Put the saucepan over medium heat. Add the oil and onions and cook stirring occasionally for about 5 minutes or until the onion starts to look transparent.
- 2 Stir in the brown sugar, tomato paste, tomato passata, Worcestershire sauce and vinegar. Bring the mixture to a boil over high heat, stirring often. Reduce the heat to low and simmer, stirring

occasionally to prevent the sauce from sticking. Simmer for about 5 minutes or until it thickens to a sauce like consistency. Season with salt and pepper and set aside.

### **To make the meatloaf**

- 3 Preheat the oven to 180°C. Spray or lightly brush the baking dish with oil.
- 4 In a bowl, stir the bread cubes and water together. Stand for about 10 minutes or until the bread is very soft.
- 5 Mash the bread with your hands. Add the mince, onion, parsley, parmesan cheese, tomato paste, eggs, herbs, salt and pepper. Mix using your hands until the ingredients are thoroughly combined.
- 6 Press the loaf mixture into the prepared dish.
- 7 Bake for 30 minutes.
- 8 Remove the tray from oven and spread the tomato sauce evenly over the top of the loaf. Bake for about 20 minutes, until cooked through.
- 9 Allow to rest for at least 10 minutes before slicing, to make sure it holds together.

### **To serve**

- 10 Place sliced meatloaf onto plates and serve with your favourite steamed vegetables or salad ... enjoy!

### **Notes**

^Herbs such as thyme, rosemary and oregano all work well. If using dried herbs, halve the amount.