



# UCOOK

## Simple Beef Meatloaf

with baby potatoes & a fresh salad

This meatloaf recipe requires minimal effort, yet provides maximum taste. Mouthwatering beef mince is married with fresh veggies, plus a good dollop of tomato sauce and a splash of worcestershire sauce. Once cooked, this meatloaf is plated with a side of crunchy salad and baby potatoes.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Simple & Save

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 Painted Wolf Wines | The Den Pinotage 2022

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## Ingredients & Prep

200g	Baby Potato <i>rinse &amp; cut in half</i>
150g	Beef Mince
1	Onion <i>peel &amp; finely dice ½</i>
10ml	Worcestershire Sauce
40ml	Tomato Sauce
10ml	NOMU Italian Rub
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
120g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
50g	Cucumber <i>rinsed &amp; cut into bite-sized pieces</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Tinfoil (optional)  
Baking Paper (optional)  
Sugar/Sweetener/Honey  
Egg/s  
Butter (optional)

**1. NO HALF MEASURES HERE** Preheat the oven to 200°C. Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, toss with a knob of butter (optional), and cover.

**2. MMMEATLOAF MIX** In a bowl, combine the mince, the diced onion, the worcestershire sauce, ¼ of the tomato sauce, the NOMU rub, ½ an egg, and seasoning. Wet your hands slightly to stop the mixture from sticking to them and form into a meatloaf. Smooth out any cracks or creases. Transfer to a lightly greased tinfoil or baking paper-lined baking tray. Bake until cooked through, 25-30 minutes.

**3. COAT IN YUMMINESS** When the meatloaf has 10 minutes remaining, coat in the remaining tomato sauce.

**4. FOR SOME FRESHNESS** In a bowl, combine a drizzle of olive oil, seasoning, and a sweetener. Just before serving, add the shredded leaves, the carrot ribbons, and the cucumber pieces. Toss until combined.

**5. GRAB YOUR FORK!** Plate up the meatloaf. Side with the baby potatoes and the fresh salad. Get munching, Chef!

## Nutritional Information

Per 100g

Energy	421kJ
Energy	101kcal
Protein	4.9g
Carbs	10g
of which sugars	3.7g
Fibre	1.3g
Fat	4.3g
of which saturated	1.6g
Sodium	100mg

## Allergens

Egg, Allium, Sulphites

Cook  
within 3  
Days