



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.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Simple & Save

 Painted Wolf Wines | The Den Pinotage 2022

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Ingredients & Prep

600g	Baby Potato <i>rinse & cut in half</i>
450g	Beef Mince
2	Onions <i>peel & finely dice 1½</i>
30ml	Worcestershire Sauce
125ml	Tomato Sauce
30ml	NOMU Italian Rub
60g	Salad Leaves <i>rinse & roughly shred</i>
240g	Carrot <i>rinse, trim & peel into ribbons</i>
150g	Cucumber <i>rinsed & 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, 20-25 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, 1½ eggs, and seasoning. Wet your hands slightly to stop the mixture from sticking to them and form into 3 meatloaves. Smooth out any cracks or creases. Transfer to a lightly greased tinfoil or baking paper-lined baking tray. Bake until cooked through, 30-35 minutes.

3. COAT IN YUMMINESS When the meatloaves have 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