



UCOOK

American-style Beef Meatloaf

with baby tomatoes & fresh parsley

There is only one way to describe this recipe: Darn delicious! This mouthwatering meatloaf is packed with silky onions, garlic & fresh parsley, then glazed with a glistening sweet tomato sauce and baked to tender perfection. After making this recipe, you might just start calling meatloaf a 'loaf of yum' - and we won't blame you, Chef!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Pebble Hill 2021

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Ingredients & Prep

40ml	Tomato Sauce
10ml	White Wine Vinegar
150g	Free-range Beef Mince
1	Onion <i>¼ peeled & finely diced</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
15ml	Worcestershire Sauce
1	Garlic Clove <i>peeled & grated</i>
10ml	NOMU Italian Rub
20ml	Panko Breadcrumbs
40g	Salad Leaves <i>rinsed</i>
80g	Baby Tomatoes <i>cut in half</i>
2	Bocconcini Balls <i>drained & cut in half</i>

From Your Kitchen

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

1. STICKY TOMATO SAUCE Preheat the oven to 200°C. In a bowl, combine $\frac{3}{4}$ of the tomato sauce, the vinegar, a sweetener of choice (to taste), and seasoning. Set the glaze aside to coat the meatloaf in Step 2.

2. JUST LOAFING AROUND In a separate bowl, add the beef mince, the diced onion, $\frac{1}{2}$ the chopped parsley, the worcestershire sauce, the grated garlic, the remaining tomato sauce, the rub, the breadcrumbs, $\frac{1}{2}$ an egg, and seasoning. Mix with your hands or a wooden spoon until fully combined. 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 in the hot oven for 25-30 minutes. In the final 10 minutes, brush the meatloaf with the tomato sauce glaze. On completion, it should be sticky and cooked through.

3. WE WILL BOCC YOU In a bowl, combine the rinsed salad leaves, the halved tomatoes, the halved bocconcini balls, a drizzle of oil, and seasoning.

4. MMMEATLOAF! Plate up the flavourful meatloaf. Side with the bocconcini salad. Sprinkle over the remaining parsley. Get munching, Chef!

Nutritional Information

Per 100g

Energy	551kJ
Energy	132kcal
Protein	7.6g
Carbs	7g
of which sugars	3.6g
Fibre	1g
Fat	7.7g
of which saturated	3.3g
Sodium	247mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days