



UCCOOK

American-style Beef Meatloaf

with baby tomatoes & fresh parsley

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 3 & 4

Chef: Ella Nasser

Wine Pairing: Strandveld | Viognier

Nutritional Info	Per 100g	Per Portion
Energy	505kj	2701kj
Energy	121kcal	646kcal
Protein	6.8g	36.2g
Carbs	7g	39g
of which sugars	3.6g	19.1g
Fibre	1.1g	5.8g
Fat	6.8g	36.5g
of which saturated	2.9g	15.4g
Sodium	224mg	1201mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
125ml	160ml	Tomato Sauce
30ml	40ml	White Wine Vinegar
450g	600g	Free-range Beef Mince
1	1	Onion <i>peel & finely dice ¾ [1]</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
45ml	60ml	Worcestershire Sauce
2	2	Garlic Cloves <i>peel & grate</i>
30ml	40ml	NOMU Italian Rub
60ml	80ml	Panko Breadcrumbs
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
6	8	Bocconcini Balls <i>drain & cut in half</i>

From Your Kitchen

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

1. STICKY TOMATO SAUCE Preheat the oven to 200°C. In a bowl, combine ¾ of the tomato sauce, the vinegar, a sweetener (to taste), and seasoning. Set aside.

2. JUST LOAFING AROUND In a separate bowl, add the beef mince, the onion, ½ the parsley, the Worcestershire sauce, the garlic, the remaining tomato sauce, the NOMU rub, the breadcrumbs, 1½ [2] eggs, 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 3 [4] meatloaves. Smooth out any cracks or creases. Transfer to a lightly greased tinfoil or baking paper-lined baking tray. Bake in the hot oven until cooked through, 30-35 minutes. In the final 10 minutes, brush the meatloaves with the tomato sauce glaze.

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

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