



UCCOOK

American-style Beef Meatloaf

with baby tomatoes & fresh parsley

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

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 1	[Serves 2]	
40ml	80ml	Tomato Sauce
10ml	20ml	White Wine Vinegar
150g	300g	Free-range Beef Mince
1	1	Onion <i>peel & finely dice ¼ [½]</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>
15ml	30ml	Worcestershire Sauce
1	1	Garlic Clove <i>peel & grate</i>
10ml	20ml	NOMU Italian Rub
20ml	40ml	Panko Breadcrumbs
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
2	4	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, ½ an [1] 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 1 [2] meatloaf/ves. 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, 25-30 minutes. In the final 10 minutes, brush the meatloaf/ves 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 meatloaf/ves. Side with the bocconcini salad. Sprinkle over the remaining parsley. Get munching, Chef!