



# 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!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes


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**Serves:** 2 People


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**Chef:** Ella Nasser

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 Carb Conscious

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 Waterford Estate | Waterford Pecan Stream  
Pebble Hill 2021

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## Ingredients & Prep

85ml	Tomato Sauce
20ml	White Wine Vinegar
300g	Free-range Beef Mince
1	Onion <i>½ peeled &amp; finely diced</i>
8g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
30ml	Worcestershire Sauce
1	Garlic Clove <i>peeled &amp; grated</i>
20ml	NOMU Italian Rub
40ml	Panko Breadcrumbs
80g	Salad Leaves <i>rinsed</i>
160g	Baby Tomatoes <i>cut in half</i>
4	Bocconcini Balls <i>drained &amp; 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, 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 2 meatloaves. 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 meatloaves 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 meatloaves. 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