



# UCCOOK

## American-style Ostrich Meatloaf

with baby tomatoes & fresh parsley

**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Ella Nasser

**Wine Pairing:** Sophie Germanier Organic | Chardonnay Organic

### Nutritional Info

	Per 100g	Per Portion
Energy	408kJ	2186kJ
Energy	98kcal	523kcal
Protein	7.5g	40.4g
Carbs	7g	39g
of which sugars	3.6g	19.1g
Fibre	1.1g	5.8g
Fat	3.9g	20.9g
of which saturated	1.4g	7.7g
Sodium	226mg	1210mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
125ml	160ml	Tomato Sauce
30ml	40ml	White Wine Vinegar
450g	600g	Free-range Ostrich Mince
1	1	Onion <i>peel &amp; finely dice ¾ [1]</i>
8g	10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
45ml	60ml	Worcestershire Sauce
2	2	Garlic Cloves <i>peel &amp; grate</i>
30ml	40ml	NOMU Italian Rub
60ml	80ml	Panko Breadcrumbs
120g	160g	Salad Leaves <i>rinse &amp; roughly shred</i>
240g	320g	Baby Tomatoes <i>rinse &amp; cut in half</i>
6	8	Bocconcini Balls <i>drain &amp; 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 mince, the onion, ½ the parsley, the Worcestershire sauce, the garlic, the remaining tomato sauce, the b, 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!