



## Meat Loaf



Everyone should have a meat loaf recipe in their repertoire. Served hot with vegetables it makes a great dinner, but cold and sliced it is perfect picnic or buffet food. As it is cooked without any added fat or oil, it's also a healthy option for the diet conscious.

## Ingredients

- ♦ 500 g/1 lb best beef mince
- ♦ 250 g/9 oz pork sausage meat
- ♦ 1 cup fresh breadcrumbs
- ♦ 1 large onion, peeled and finely chopped
- ♦ 1 egg, beaten
- ♦ 3 cloves of garlic, peeled and finely chopped
- ♦ 3 tablespoons parsley, finely chopped
- ♦ 2 tablespoons sun-dried tomato paste
- ♦ salt and pepper
- ♦ olive oil or butter to grease tin

**Serves 6**

## To Cook

Pre-heat the oven to 180°C/350°F/Gas Mark 4. Using just half of the breadcrumbs put all the ingredients into a bowl and mix until well combined. Lightly grease a loaf tin and then press the meat mix into it. Now press in the remaining bread crumbs. Cover the tin with aluminium foil.

Alternatively, form the mixture into a loaf shape and roll in the breadcrumbs and wrap in aluminium foil. Place in a baking dish and into the oven for 1 ½ hours. If cooking in the tin, remove the foil 30 minutes before the cooking time is up to brown the top.