

Meatloaf

(serves 4 to 6)



Ingredients:

2 kilos beef mince (lean)

1 large onion

1 small carrot

1 small stick of celery

2 medium potatoes

100ml olive oil

1 cup low fat grated mozzarella cheese

1 tbs dill leaf

1 teaspoon crushed garlic

2 eggs

½ cup tomato sauce

½ cup barbeque sauce

Salt and pepper

Method

Preheat oven at 190°C. Spray a baking tray with canola and big enough to hold the amount of mince (approximately 30cm length x 15 cm width x 5 cm high). Peel the potatoes, onions, carrot and celery. Wash and cut into small pieces that can be put into the blender. Blend till all pieces are about the same size and like fine chop. Make sure you don't go too far and they become mushy. Place any juices into a mixing bowl along with the mince, garlic and dill leaf. Heat up a pan with the oil to medium heat and cook off the vegetable mix for 5 minutes and remove and let cool. Once cooled add to the mince with some salt and pepper (3 pinches of each). Add in the sauces and then beat the eggs and also add in, and mix very well. Finally mix the grated cheese in and place in the greased baking tray. Cook in oven for 30 to 40 minutes. Let stand for 15 minutes at least and then slice with a sharp knife. If you cut thick, there is less chance for the meatloaf to break away. Serve with gravy and vegetables or even with chips and your favourite salad.