

# Meat Loaf

A healthy twist on a classic! This veggie-packed meat loaf uses lean ground beef to boost protein, iron and vitamin B-12 intake. This flavoursome dish can also be made into little meatloaf muffins! Molding into muffin tins yields a perfectly portioned main attraction – pick-up-able and dip-able!



Serves 10 children



100 minutes

## INGREDIENTS

Beef, mince, low fat 600g  
Mushrooms, fresh or canned 75g (2 C)  
Carrots 120g (2 medium)  
Onion, brown 90g (1 medium)  
Zucchini, raw 100g (1 medium)  
Tomatoes 170g (1 medium)  
Peas, frozen 75g (1/2 C)  
Mustard, Dijon 20g (1 Tbs)  
Tomato sauce 40g (2 Tbs)  
Pepper 1 pinch  
Garlic, fresh, raw 1 clove  
Egg 50g (1 large)

## DIRECTIONS

1. Preheat oven to 170°C. Line a baking dish with baking paper.
2. Dice onion, garlic, mushroom, and tomatoes, grate carrots and zucchini, and place in bowl.
3. Add mince and peas to bowl, and mix with your hands until combined.
4. Once mixed, crack egg into mixture and combine well.
5. In another bowl, make sauce by mixing pepper, tomato sauce and mustard together and pour over meat loaf mixture and combine.
6. Scoop meat loaf mixture into tin. Bake for 1 hour and 15 minutes.

# Allergy Information

Contains: egg.

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## Childcare RDI Calculator:

Fat		0 %
Vegetables	<div></div>	80 %
Meat/Alt*	<div></div>	130 %
Cereals		0 %
Dairy		0 %
Fruit		0 %

\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services