



# Meatloaf

Recipe by School Lunch Program



Serves 4-6



1 hour

## INGREDIENTS

### For the meatloaf

1 slice fresh bread, broken into small cubes  
¼ c water  
500g lean beef mince  
1 onion, grated  
1-2 tbsp parsley, fresh, finely diced  
¼ c parmesan cheese, grated  
3 tbsp salt reduced tomato paste  
1 egg, beaten  
2 tsp herbs, fresh or dried^  
Salt and pepper, to taste

### For the tomato sauce

1 tbsp olive oil  
1 clove garlic, peeled and crushed  
1 tbsp brown sugar  
½ zucchini, grated  
1 carrot, grated  
200g canned crushed tomatoes\*  
30ml water  
½ tsp reduced-salt beef style stock powder  
¼ tsp Italian herbs  
Salt and pepper, to taste

### Notes:

^ Herbs such as thyme, rosemary, oregano all work well.

\*Canned crushed tomatoes can be replaced with fresh tomatoes if they are available to you. Prepare them, by blending fresh tomatoes until smooth in a food processor or using a stick blender.



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## DIRECTIONS

### To make the tomato sauce:

1. Put the saucepan over medium heat and add enough oil to coat the bottom of the pan. Add the garlic and grated vegetables and fry for 5 mins or until soft.
2. Add crushed tomato, water, sugar, stock powder and herbs. Bring sauce to a simmer and cook for 20 minutes or until slightly reduced.
3. Cool slightly and then blend with the stick blender until smooth. Check seasoning

### To make the meatloaf:

1. Preheat the oven to 180oC. Spray or lightly brush a loaf style baking tin with oil.
2. In a bowl, stir the bread cubes and water together. Stand for about 10 minutes or until the bread is very soft.
3. Mash the bread with your hands. Add the mince, onion, parsley, parmesan cheese, tomato paste, egg, herbs, salt and pepper. Mix using your hands until the ingredients are thoroughly combined.
4. Press the loaf mixture into the prepared tin.
5. Bake for 40 minutes.
6. Remove from oven and spread the tomato sauce evenly over the top of the loaf. Bake for about 20 minutes, until cooked through.
7. Allow to rest for at least 10 minutes before slicing, to ensure it holds together



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