

Stuffed Meatloaf

INGREDIENTS

Meatloaf

- 1 Kg Beef mince
- 3 Tsp Dried mixed herbs
- 2 Tsp Black pepper
- 2 $\frac{1}{2}$ Tsp Salt
- 1 Tsp Coriander
- 1 Egg

Stuffing

- 1 Cup Grated Cheese
- 1 Onion diced
- $\frac{1}{2}$ Green pepper diced
- 150g Mushrooms sliced
- 100g Baby spinach
- 1 Clove of garlic

Note: you can replace the beef mince with venison or lamb.



METHOD

In a medium frying pan, fry (using the oil of your choice) the onions, peppers, mushrooms, spinach and garlic until soft. Season with salt and pepper to taste. Set aside to cool and drain all excess oil.

In a separate bowl, mix the mince, spices and egg. Using your hands ensure spices are combined well. Place meat on a piece of cling wrap and spread out evenly to form a rectangle.

Place half of the grated cheese in the middle of the meat rectangle. Place the drained vegetables on top of the cheese and cover with the remaining cheese.

Using the cling wrap as support, gently fold over the meat to form a loaf. Be careful not to puncture the meat.

Place the meatloaf in an oven pan or bread tin with the joined edges at the bottom. Bake for 25 minutes at 140C.

Allow to cool for 10 minutes before slicing and serving.



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