

Italian Style Meat Loaf

Ingredients

- Healthier margarine spread* for brushing ovenproof dish
- 1 cup Lowan Quick Oats
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- 2-4 chopped garlic cloves
- 1 cup chopped carrot
- 1 cup chopped zucchini
- 1 cup chopped brown onion
- 500g lean beef mince
- 2 tablespoons dried Italian herbs
- 2 tablespoons pine nuts
- 1 egg, lightly beaten
- 1 tablespoon salt reduced soy sauce
- 2 tablespoons no added salt tomato paste
- 2 Roma tomatoes, sliced

Method

1. Pre-heat oven to 180°C/350°C (160°C fan-forced) and brush a 24 x 12.5cm ovenproof dish with margarine spread and base line with baking paper.
2. Place oats, garlic, carrot, zucchini and onion in a large mixing bowl. Add mince, herbs, pine nuts, egg, soy sauce and 1 tablespoon tomato paste. Using clean hands mix until well combined.
3. Place mixture into prepared dish, press mixture down firmly.
4. Spread over the remaining tomato paste and arrange tomato slices on top.
5. Bake for 50 minutes or until when a skewer inserted in the centre comes out clean and the juices of the meatloaf are clear. Stand for a few minutes before transferring to a board.
6. Serve hot or cold in slices with a rocket, tomato and fresh herb salad – oregano, basil and flat leaf parsley.

