

# MEATLOAF & MUSHROOM GRAVY



## QUICK

15  
minutes

## HEALTHY

The spinach, courgette, mushroom and onion all contain lots of Vit C, which improves the absorption of iron from the beef

## FAMILY



Feeds 6

## MEALS

Serve with a green salad and mashed sweet potato for even more vegetables!

## INGREDIENTS

- 1 kg minced beef
- 1 medium red onion
- 50 g matzo meal
- 1 heaped tsp mixed herbs
- 2 large handfuls spinach
- 1 large courgette
- 2 eggs
- 2 garlic cloves
- 1 tbs tomato puree
- Salt and pepper
- Optional - 4 hard boiled eggs

### Gravy

- 1 small onion
- 250 ml beef stock
- 3 mushrooms

## METHOD

- 1) Put the oven on to 180°C
- 2) Hard boil 4 eggs
- 3) Make gravy - heat 1 tbs oil in a saucepan, dice onion and add, dice mushrooms and add. Make 250 ml beef stock, add. Bring to the boil and simmer till needed – stirring occasionally
- 4) Grate courgette, put into a tea towel and squeeze out as much water as you can
- 5) Put into a large bowl
- 6) Chop onion and add
- 7) Chop spinach and add
- 8) Add the eggs, minced garlic, tomato puree, mixed herbs, matzo meal and S&P - mix well with your hands
- 9) Line a tray. Divide mixture in half and shape into 2 meatloaves
- 10) Insert the shelled boiled eggs into the middle of the meatloaf and wrap meat over
- 11) Bake in the oven for 30 mins
- 12) Transfer the meatloaf onto a new dish, leaving the 'grey' juice behind.
- 13) Serve with the mushroom/onion gravy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)