

MEATLOAF & MUSHROOM GRAVY



QUICK



HEALTHY

This meatloaf contains spinach, courgette, mushroom and onion - all contain lots of vitamin C, which improves the absorption of iron from the beef

FAMILY



MEALS

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

INGREDIENTS

- 1 kg minced beef
- 1 medium red onion
- 2 large slices bread
- 1 tsp mixed herbs
- 2 handfuls spinach
- 1 large courgette
- 2 eggs
- 2 garlic cloves
- 1 tsp tomato puree
- 2 tsp mustard powder
- 1 tbs soy
- Salt and pepper
- Optional - 4 hard boiled eggs

Gravy

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

METHOD

- 1) Put the oven on to 180°C
- 2) Hard boil 4 of your eggs
- 3) Cover bread with water for 2 mins, then squeeze the liquid out. Put into a large bowl.
- 4) Grate your courgette, put into a tea towel and squeeze out as much water as you can, add to bowl
- 5) Dice onion and add
- 6) Chop spinach and add
- 7) Add the eggs, garlic, tomato puree, mixed herbs and mix well with your hands
- 8) Line a tray. Divide mixture in half and shape into 2 meatloaves
- 9) Insert the shelled boiled eggs into the middle of the meatloaf and wrap meat over
- 10) Bake in the oven for 30-35 mins
- 11) 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. Before serving mix 1 tbs cornflour with 1 tbs cold water. Add to the gravy, stir till thicker
- 12) Transfer the meatloaf onto a new dish, leaving the 'grey' juice behind.
- 13) Serve with the mushroom/onion gravy

