

Recipes and Tips



Veggie packed Meatloaf

- 1 tablespoon olive oil
 - 1 green bell pepper, diced
 - 1 onion, diced
 - ½ teaspoon minced garlic
 - 500g of the mince of your choice or a mixture of several
 - 60g whole wheat bread crumbs
 - 1 carrot, grated
 - 1 courgette, grated
 - 2 large eggs
 - salt and ground black pepper to taste
 - 60g ketchup, or to taste
1. Preheat the oven to 200 degrees C. Grease 9x5-inch loaf.
 2. Heat olive oil in a large skillet over medium heat; cook and stir bell pepper and onion in hot oil until onion is translucent and bell pepper is softened, 5 to 10 minutes. Add garlic and cook until fragrant, 1 to 2 minutes. Remove the skillet from heat.
 3. Combine ground beef, bread crumbs, carrot, zucchini, eggs, salt, pepper, and bell pepper mixture in a large bowl; mix well using your hands. Press mixture into the prepared loaf pan.
 4. Bake in the preheated oven until no longer pink in the centre, 35 to 40 minutes. An instant-read thermometer inserted into the centre should read at least 70 degrees C. Spread ketchup over meatloaf and continue baking until bubbling, about 5 minutes more.