

Dads Meat Loaf with mashed potatoes

Ingredients

3 slices of bread
1 carrot grated
1 stick of celery cut into pieces
1 onion peeled, and cut finely
2 cloves of garlic, peeled and cut into fine slivers
¾ cup of tomato paste or napolitana pasta sauce
1 packet of mince-meat/around 800g
2 eggs
2 teaspoons of salt
Season with ground pepper
1 teaspoon of tabasco sauce
2 tablespoons of brown sugar

** you can also add 1 teaspoon of Dijon mustard if you have it on the pantry!*

Preheat oven to 200C

Instructions

You can make this with or without a food processor.

1. Remove the crusts from the bread and rub it into between your hands to make fine crumbs- if you have a food processor you can give it a quick blend
2. Place breadcrumbs in a large bowl, add the carrot, celery, onion, garlic already prepared into the bowl and mix in with ½ cup of tomato paste
3. Add the eggs and mix well with your hands and knead the ingredients until thoroughly combined.
4. Form an elongated log shape – you can either place this into a well lined back tin that is a log shape, making sure you line it well with baking paper OR you can take a baking tray, line it with baking paper and place the well-formed log on to the tray
5. Last step is to dress and glaze the meatloaf. Put the remaining 1/3 cup of tomato paste into a bowl with 2 tablespoons of brown sugar and 1 teaspoon of tabasco sauce, mix and then brush or pour this over the meatloaf log. If you have some rosemary you can sprinkle this on top!
6. Place in the oven and cook for 45 mins. Check, remove and let it cool down for 10 mins before serving with mashed potatoes and peas (you can dress it up with bacon straps over the loaf too!)

Mashed Potatoes

Now that the main dish is in the oven, time to peel the potatoes which you can get the kids to do, then place them in a saucepan with water, and cook for approx. 20 mins. Test the potatoes are soft with knife, drain water, use a knob of butter and enough milk to cream up the potatoes.

Beans or Peas

Pop some frozen peas onto cook – allow 10 mins max

The kids can set the family dinner table or set dress the area you are going to eat dinner in.

Set and Serve

When you plate up: Turn out the meatloaf onto a serving plate, pop the mashed potatoes as they are in the saucepan to keep them warm and the peas into a small side dish. If you have tomato or BBQ sauce you can add them to the table.