

Meatloaf with Gravy

Meatloaf is a family favourite and is a tasty, economical way of making meat go a little further by binding it with other ingredients. Using spinach, onions and garlic is a great way of adding flavour to this dish.



Barley (gluten), celery, egg, fish, milk, mustard, sulphites and wheat (gluten)*

Nutritional information per portion (226g):

Energy 849kJ 203kcal 10%	Fat 8.7g 12%	Saturates 2.6g 13%	Sugars 2.9g 3%	Salt 0.91g 15%
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of an adult's reference intake.
Typical values per 100g: energy 377kJ/90kcal.

Equipment

900g loaf tin or baking tin
Hand blender or blender
Tall container
Sharp knife
Chopping board
Garlic press
Frying pan
Colander
Medium saucepan
Wooden spoon
Large bowl
Small bowl
Small cup
Measuring spoons
Fork
Spoon
Kettle
Tin foil
Jug

Ingredients

Serves 6

For the meatloaf

2 x 15ml spoons of water
250g pork mince
250g lean beef mince
1 x 5ml spoon olive oil
1 medium onion
2 garlic cloves
200g spinach leaves
70g wholemeal breadcrumbs (reserve 10g for topping)
1 large egg
2 x 15ml spoons plain low-fat yoghurt OR milk
¼ x 5ml spoon ground nutmeg
3 x 5ml spoons Dijon mustard

3 x 5ml spoons Worcestershire sauce
Black pepper (optional)

For the gravy

1 x 5ml spoon olive oil
200g mushrooms
1 medium onion
200ml boiling water
1 reduced salt vegetable stock cube
1 x 15ml spoon cornflour
2 x 15ml spoon cold water

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Refrigerate the meatloaf within two hours of cooking.
- If not serving immediately, wrap tightly with aluminium foil or clingfilm.
- Properly chilled and stored, cooked meatloaf will last for up to 3 days in the fridge.
- Leftover meatloaf slices can be used in sandwiches for lunch.

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Method

1. Preheat the oven to 180°C/160°C fan assisted or gas mark 4.
2. Line the loaf or baking tin with tin foil.
3. To make the breadcrumbs, put the bread into a tall container and pulse with a hand blender.
4. Peel and finely chop the onion and peel and crush the garlic.
5. Heat 1 x 5ml spoon of oil in a frying pan over a medium heat and add the onion. Fry for about five minutes until the onions begin to soften, then add the garlic. Cook, stirring regularly, for another couple of minutes, then set aside.
6. Wash the spinach well, then put in a large bowl.
7. Heat 2 x 15ml spoons of water in a medium pan. When boiling, carefully add spinach for 1–2 minutes until wilted.
8. Use a colander to drain and leave to cool. Once cooled, squeeze out as thoroughly as you can and roughly chop.
9. Put the minced meats in a large mixing bowl with 60g breadcrumbs, spinach and onion.
10. Whisk together the egg, yoghurt or milk and nutmeg, Dijon mustard, Worcestershire sauce and pepper (if using). Add to the mince mixture.
11. Combine with a fork or clean hands.
12. Place the mixture into the loaf tin and press down with a spoon
13. Cover with foil and bake in oven for 30 minutes.
14. Remove from the oven, open the foil and sprinkle the reserved breadcrumbs on top of the meatloaf. Bake for a further 20 minutes in the oven (without foil).
15. Cool for 20 minutes before slicing and serving.
16. Whilst the meatloaf is cooling, make the gravy.
17. Wash the mushrooms. Cut the mushrooms in half and thinly slice flat side down.
18. Peel and finely chop the onion.
19. Put 1 x 5ml spoon oil into the medium saucepan and heat gently.
20. Add mushrooms and onions and cook for 5 minutes.
21. Measure 200ml of boiling water into the measuring jug, add the stock cube and stir until dissolves.
22. Add the stock to the mushroom and onion mix.
23. In a small cup, add cornflour and 2 x 15ml spoons of cold water and stir to form a smooth paste.
24. Add to the gravy mix and using a wooden spoon stir well to avoid getting lumps.
25. Cook gently for 3–4 minutes until the gravy has thickened.
26. Pour the gravy into a jug and enjoy with the meatloaf.

Something to try next time

- Use turkey mince instead of pork mince, add 1 chopped red onion, 1 chopped pepper and 1 x 5ml spoon of chilli powder for a Tex Mex combination.
- Add cheese to the mix. Parmesan or any chunks of leftover cheese will work, just remember to grate it finely so that it mixes into the recipe easily.
- For a vegetarian version use Quorn™ mince with mashed parsnips or mashed cauliflower.

Prepare now, eat later

- Once cooked and cooled, the meatloaf can be placed in freezer bags and stored in the freezer for up to 4 months.
- If you make too much gravy, just cool and store in sealed containers or freezer bags for up to 4 months in the freezer.

Get more from your food

- Add other green vegetables to the meatloaf, like kale or savoy cabbage, just remember to cook, cool, squeeze out any excess water and roughly chop before putting into the mix.
- You can also grate carrots, parsnips, cauliflower and any leftover vegetables into this dish for extra flavour.

Skills used include:

Chopping, frying, whisking, combining and baking.