



Product Spotlight:
Quinoa Flakes

Quinoa flakes are quinoa that has been steam-rolled and they are great in muesli, pancakes or baked goods, or as a nutritious gluten-free alternative to breadcrumbs.



Chicken Meatloaf

with Crispy Potatoes

Yummy olive and oregano meatloaf served with crispy baked potatoes and a country-style side salad.

 35 minutes

 2 servings

 Chicken

12 May 2023

Switch it up!

Instead of making meatloaves, you can make chicken patties or meatballs and add the olives to the salad if preferred.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	36g	60g

FROM YOUR BOX

MEDIUM POTATOES	3
GREEN OLIVES	1 jar
CHICKEN MINCE	300g
QUINOA FLAKES	1 packet (20g)
CHERRY TOMATOES	1 packet (200g)
LEBANESE CUCUMBER	1
BABY COS LETTUCE	1
CREAMY FRENCH DRESSING	100g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, ground paprika, vinegar (of choice), 1 garlic clove

KEY UTENSILS

2 oven trays

NOTES

Use olives to taste and add any extra to the salad instead if preferred.



1. ROAST THE POTATOES

Set oven to 220°C.

Dice potatoes and toss on a lined oven tray with **1 tsp dried oregano, oil, salt and pepper**. Roast for 25–30 minutes until golden.



4. PREPARE THE SALAD

Halve the tomatoes, slice cucumber, rinse and tear lettuce leaves. Toss together with **1/2 tbsp vinegar, 1/2 tbsp olive oil, salt and pepper**.



2. PREPARE THE CHICKEN

Drain and chop 1/2 jar olives (see notes). Combine well with chicken mince, quinoa flakes, **1 crushed garlic clove, 1 tsp oregano, salt and pepper**.



5. FINISH AND SERVE

Slice meatloaf and serve with crispy potatoes, side salad and French dressing.



3. COOK THE MEATLOAF

Using oiled hands, shape the chicken mixture into a meatloaf on a lined oven tray. Sprinkle with **1/4 tsp ground paprika**. Cook for 15–20 minutes, or until just cooked through.



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