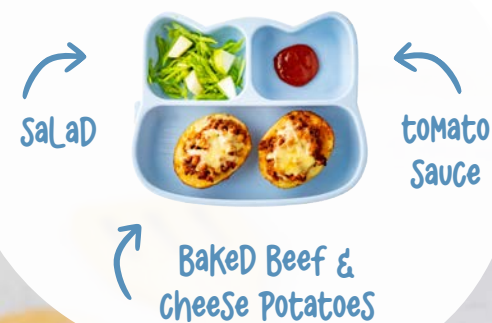




for the
little ones



Cheesy MeatLoaves

Mini beef meatloaves with a golden cheese topping, served with crispy potato wedges and a sweet tomato relish.



35 Minutes



2 Servings



Beef

Per serve: **PROTEIN** 32g **TOTAL FAT** 25g **CARBOHYDRATES** 43g

FROM YOUR BOX

MEDIUM POTATOES	3
BEEF MINCE	300g
TOMATO RELISH	1 jar
SHREDDED CHEDDAR CHEESE	1 packet
PEAR	1
BABY COS LETTUCE	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

COOKING TOOLS

oven tray x 2

Use the same recipe and make rissoles for pan-frying instead.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. Roast the Potatoes

Set oven to 220°C.

Cut **potatoes** into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Cook for 25–30 minutes or until golden and tender.

tip Add 1/2 tsp dried herb of choice if you like! We added 1/2 tsp dried thyme.



4. Prepare the Salad

Cut **pear** into thin wedges and roughly chop **baby cos lettuce**. Toss in a bowl.

tip Dress this salad with olive oil and vinegar of choice if you like!



2. COMBINE the Beef Mixture

Use your hands to mix the **beef mince** well with **1/2 tbsp relish, 1/4 packet cheese, salt and pepper**.

tip You can hide different veggies in here if you like! Try finely grated carrot, onion, zucchini or broccoli!



5. finish AND SERVE

Slice and serve **meatloaf** with **potato wedges, salad** and **tomato relish**.

tip The kids might prefer some tomato sauce for dipping!



3. Cook the MeatLoaf

Form **mince** into a meatloaf (or 2 smaller ones!) and place on a lined oven tray. Top with **cheese** (use to taste) and cook in the **upper** part of the oven for 15–20 minutes or until cooked through.

tip Sprinkle dried oregano (or another herb) on top if you like.