

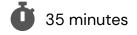




Chicken Meatloaf

with Crispy Potatoes

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





2 servings



Switch it up!

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

PROTEIN TOTAL FAT CARBOHYDRATES

35g

56g

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.



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.



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.



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.



5. FINISH AND SERVE

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



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