



Mouth-Watering Meatloaf

Recipe makes:
8 Portions

Preparation time:
15 minutes

Cooking time:
45-55 minutes

Nutritional Information	1 Portion
Energy	205kcal
Carbohydrates of which sugars	8.4g 4.5g
Protein	19.6g
Fat	10.3g

Ingredients:

- 500g 10% fat beef mince
- 60g breadcrumbs
- 3 medium onions, thinly sliced
- 5 cloves garlic, minced
- 2 large eggs
- 2tbsp of tomato puree
- 60g passata
- ½ tsp salt
- ¾ tsp ground pepper
- 4 slices thinly cut bacon

Method:

1. Pre-heat oven to 180°C/ fan 160°C/ gas mark 4.
2. Mix ground beef, breadcrumbs, onions, garlic, eggs, tomato puree, passata, salt and pepper in a large bowl.
3. Shape the beef mix into an 8x4 inch foil lined loaf pan.
4. Lay uncooked bacon slices on top of your meatloaf.
5. Bake for 45-55 minutes.
6. Remove from the oven and let rest for 5 minutes.
7. Cut into 8 equal sized slices.

Chef's Tips:

- Instead of passata you can use tinned crushed tomatoes. Ensure to press with a potato masher or use a stick blender to make a smooth consistency.
- Serve with fresh green salad or Pico de Gallo Mexican salad (see separate recipe card), and a portion of rice or potatoes.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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