

# Italian Meatloaf, Mashed Potatoes

## Ingredients

- 180g breadcrumbs
  - 100ml milk
  - 1 tbsp oil
- 1 finely chopped onion
  - 1 finely diced carrot
- 2 sticks of celery, finely diced
  - 4 crushed garlic cloves
    - 1 tbsp rosemary
  - 1 tsp dried Italian herbs
- 1/2 tsp dried chilli flakes (optional)
  - 250g beef mince
    - 100g lentils
  - 1 beef stock cube
  - 1 lightly beaten egg
    - 1 carton passata
  - 150g grated cheese
    - 1 tbsp oregano

## Methods

- 1.** Preheat the oven to 200°C/180°C fan. Grease a loaf pan and line it with baking paper, extending the paper 2 cm above the edges on all sides.
- 2.** Place breadcrumbs and milk in a large bowl. Set aside.
- 3.** Cook lentils with a beef stock cube in a small pot until softened and the liquid is absorbed.
- 4.** Heat oil in a small frying pan over medium-high heat. Add onion, carrots, celery, garlic, rosemary, dried Italian herbs, and chilli (if using).
- 5.** Cook, stirring, for 5 minutes or until the onion is soft. Transfer the onion mixture to the bowl with breadcrumbs.
- 6.** Add the cooked lentils, mince, and egg to the onion mixture. Season with salt and pepper. Mix well to combine.
- 7.** Spoon the mixture into the prepared pan, pressing with the back of a spoon to compact and level.
- 8.** Bake for 50 to 55 minutes or until cooked through. Stand for 5 minutes and drain excess pan juices.
- 9.** Carefully turn the meatloaf, top-side up, into a large baking dish. Spoon over passata. Sprinkle it with oregano and cheese.
- 10.** Bake for an additional 15 to 20 minutes or until the cheese is melted, and the sauce is bubbling around the edges.
- 11.** Stand for 5 minutes. Serve with mashed potatoes and frozen mixed veg.