

# DINNERLY



## Kid Approved: Aussie Beef and Carrot Meatloaf

with Peas and Mash



35 minutes



2 Servings

Keep the kids happy – and the adults too! Simply choose our 'kid-approved' recipes filled with crowd-pleasing flavours and ingredients, then watch the whole family tuck in. You can thank us later!

## WHAT WE SEND

- 1 carrot
- lean beef mince
- 40g panko breadcrumbs <sup>2,5</sup>
- 10g Aussie barbecue seasoning <sup>4</sup>
- 20ml worcestershire sauce
- 2 potatoes
- 150g peas

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 1 egg <sup>1</sup>
- 2 tsp olive oil
- 1 tbs barbecue sauce
- 20g butter <sup>3</sup>

## TOOLS

- oven tray
- baking paper
- box grater
- medium saucepan
- potato masher
- small saucepan

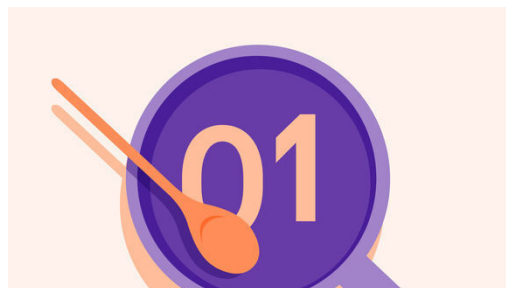
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Egg (1), Gluten (2), Milk (3), Sulphites (4), Wheat (5). May contain traces of other allergens.

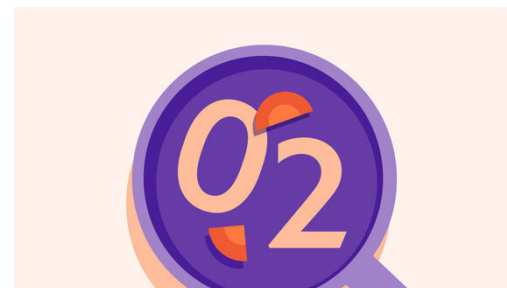
## NUTRITION PER SERVING

Energy 755kcal, Fat 31.2g, Carbs 67.8g, Protein 48.6g



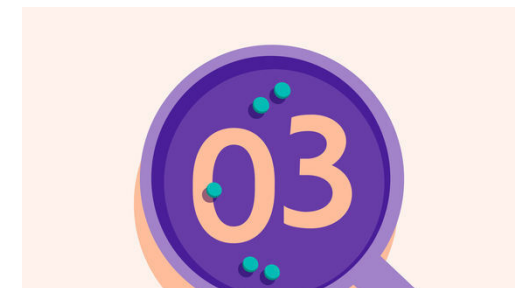
### 1. Prep ingredients

Preheat the oven to 220C, fan-forced. Line an oven tray with baking paper. Coarsely grate the **carrot** (see Did you know?).



### 2. Make meatloaf

Put the **carrot, beef mince, breadcrumbs, barbecue seasoning, 2 tsp worcestershire sauce\*** and **1 egg** in a large bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into an oval loaf and put on the lined tray. Brush with **2 tsp olive oil**.



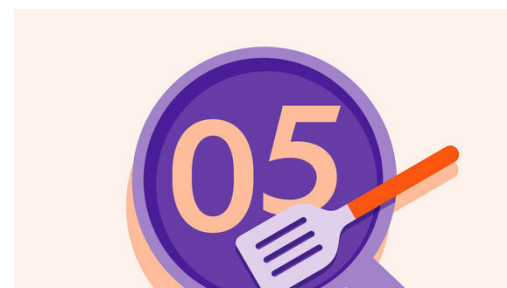
### 3. Bake meatloaf

Bake the **meatloaf** for 20 mins, then brush with **1 tbs barbecue sauce** and bake for a further 10 mins or until cooked through.



### 4. Make mash

Meanwhile, peel the **potatoes** and cut into 2cm chunks. Put in a medium saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 10 mins or until tender. Drain, then return to the pan and mash until smooth. Add **20g butter**, season with **salt and pepper** and stir until combined.



### 5. Cook peas and serve up

While the potato is cooking, bring a small saucepan of water to the boil. Add the **peas** and cook for 2 mins or until tender. Drain. Slice the **meatloaf**. Divide the meatloaf, **mash** and peas among plates and enjoy!



### 6. Did you know?

Adding grated carrot to the meatloaf is an easy way to boost nutrition for kids and adults alike. Not only do carrots add a delicious sweetness, but they contain beta-carotene, a superhero antioxidant.