

# DINNERLY



## Pork Parmigiana Meatloaf

Budget-Busting Tummy Fillers!



40 minutes



2 Servings

Filling, tried-and-true flavours, and even more budget-friendly than our core menu – that's our Thrifty Feed recipes! These classic dishes are perfect for when you want to put tasty, honest-to-goodness food on the table, and enjoy even more savings to boot.



## WHAT WE SEND

- 1 onion
- 25g parmesan <sup>3</sup>
- 10g Italian seasoning <sup>4</sup>
- lean pork mince
- 40g panko breadcrumbs <sup>2,5</sup>
- 20ml worcestershire sauce
- 1 potato

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

## WHAT YOU NEED

- 60ml (¼ cup) tomato sauce
- 1 egg <sup>1</sup>
- 3 tsp vegetable oil
- 20g butter <sup>3</sup>

## TOOLS

- medium baking dish
- fine grater
- small saucepan
- potato masher

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

## COOKING TIP

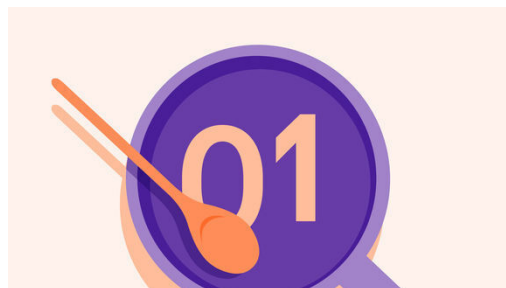
Prefer individual meatloaves? Divide the mince mixture into 2 equal portions before shaping into logs, then reduce the roasting time by 5 mins.

## ALLERGENS

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

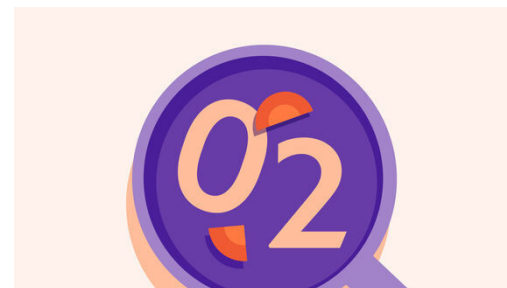
## NUTRITION PER SERVING

Energy 685kcal, Fat 35.0g, Carbs 45.6g, Protein 42.8g



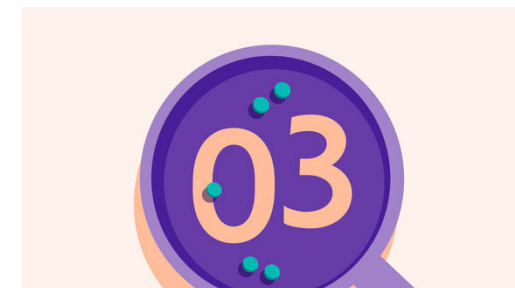
### 1. Prep ingredients

Preheat the oven to 220C, fan-forced. Lightly grease a medium baking dish. Finely chop the **onion** (see Kitchen 101). Finely grate the **parmesan**. Combine **half the Italian seasoning, 60ml (¼ cup) tomato sauce** and **60ml (¼ cup) water** in a bowl.



### 2. Shape meatloaf

Put the **onion, pork mince, remaining Italian seasoning, half the breadcrumbs, 1 egg** and **1½ tsp worcestershire sauce\*** in a large bowl. Season with **salt and pepper**. Using damp hands, combine well, then shape into an oval loaf (see Cooking tip).



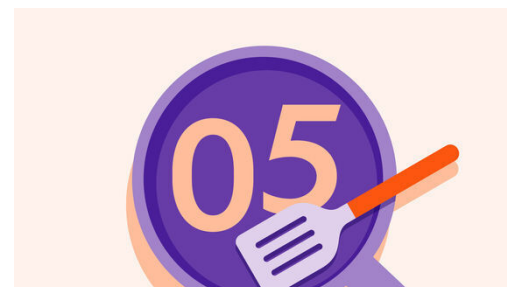
### 3. Roast meatloaf

Put the **meatloaf** in the baking dish and brush with **2 tsp vegetable oil**. Roast for 20 mins or until lightly browned. Pour the **tomato sauce mixture** over the meatloaf, then scatter with the **parmesan** and **remaining breadcrumbs**. Drizzle with **1 tsp vegetable oil**. Roast for a further 10 mins or until cooked through and the breadcrumbs are golden.



### 4. Make mashed potato

Meanwhile, peel the **potato** and cut into 2cm chunks. Put the potato in a small saucepan of cold salted water and bring to the boil. Cook over medium heat for 10-12 mins until tender. Drain, then return to the pan and mash until smooth. Add **20g butter**, season with **salt and pepper** and stir to combine.



### 5. Serve up

Slice the **meatloaf**. Divide the meatloaf and **mashed potato** among plates. Enjoy!



### 6. Kitchen 101

Chop the onion as finely as you can to evenly distribute the flavour and give your meatloaf a smooth texture.