

beef & bacon meatloaf

prep time 20min

cooking time 1hr 10mins

serves 6



ingredients

500g certified organic beef mince
250g nitrate-free bacon or chorizo
3 rashers bacon extra for the top
1 cup almond meal
2 cloves garlic, crushed
1 onion, finely diced
1 carrot, grated
1 zucchini, grated
3 tbs fresh parsley or herb of choice
1 tsp adobo seasoning (optional)
1/4 cup gevey bbq sauce, optional

method

1. preheat oven to 170C°.
2. mix all ingredients except extra bacon strips and bbq sauce in a large bowl until well combined.
3. line a loaf tin with baking paper and add the bbq sauce to the base then lay the bacon strips on top. add the mince mixture on top and press down to flatten all in.
4. bake for 1 hour.
5. flip onto a baking tray and pop under the grill for about 5-10 mins to brown the bacon to crispy.



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