

KETO DOWNUNDER MEATLOAF



SAVEUR PRODUCT USED

DOWNUNDER GOURMET GRILL RUB &
CREAMY DILL MIX

SUBSTITUTIONS

Chicken, turkey or tofurkey can be substituted.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

- 1 lb. (500g) ground beef**
- ½ lb. (300g) ground pork or veal**
- 1 brown or yellow onion, chopped (1 cup)**
- 2 garlic cloves**
- 2 tbsp. tomato paste (sugar free)**
- 1 tbsp. chia seeds**
- 1 egg**
- 1 tbsp. whole seed mustard**
- 1 tbsp. Worcestershire sauce**
- 2 tsp. *Saveur Downunder Gourmet Grill Rub***
- 1 tbsp. *Saveur Creamy Dill Mix***

PREPARATION INGREDIENTS

- 1 tbsp. ghee**
- 1/2 cup tomato sauce**
- 1 lb. (500g) cauliflower, chopped and boiled**
- 1 tbsp. butter**
- 1 tbsp. *Saveur Creamy Dill Mix***
- 3 cups steamed green vegetables of choice**

METHOD

Finely dice onion and garlic and place in a large bowl. Add all other ingredients and mix well until evenly combined. Shape the mix into a meatloaf shape and place in a large zip-top bag. Press the bag tightly against the meatloaf to remove excess air. This helps prevent freezer burn. Place in freezer until ready to use.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight following safe thaw instructions.

Preheat oven to 350°F (180°C). Grease loaf pan with ghee and press in the meat mixture. Spread tomato sauce on top and bake in oven for 1 hour. Place boiled cauliflower into a food processor and blend until cauliflower is smooth. Once cauliflower is blitzed, mix in butter and *Saveur Creamy Dill Mix*. When meatloaf is cooked, drain off extra liquid. Slice the meatloaf in ½" (1.5cm) slices. Serve meatloaf on mash with a side of greens.

Note: Meatloaf can be made into meatballs or burger patties as an option.

