

# REV90 DOWNUNDER MEATLOAF



## SAVEUR PRODUCT USED

DOWNUNDER GOURMET GRILL RUB  
& CREAMY DILL MIX

## SUBSTITUTIONS

Tofurkey can be substituted.

**MAKE, TAKE & FREEZE**

— with —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

- 1 lb. (500g) ground chicken or turkey**
- 1 cup brown or yellow onion, chopped**
- 2 garlic cloves**
- 2 tbsp. tomato paste**
- 1 tbsp. chia seeds**
- 1 egg**
- 1 tbsp. whole seed mustard**
- 2 tsp. Braggs Liquid Aminos**
- 2 tsp. *Saveur Downunder Gourmet Grill Rub***
- 1 tbsp. *Saveur Creamy Dill Mix***

## PREPARATION INGREDIENTS

- 1/2 cup tomato paste**
- 1 lb. (500g) cauliflower, chopped and boiled**
- 1 tbsp. butter** (optional: only use if in maintenance)
- 1 tbsp. *Saveur Creamy Dill Mix***
- 3 cups steamed green vegetables**

## METHOD

Finely dice onion and garlic and place in a large bowl. Add all other ingredients and mix well until evenly combined. Place mix shaped into a meatloaf shape in large zip-top bag. Press the bag tightly against the meatloaf to remove excess air. This helps prevent freezer burn. Label and 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). Line loaf pan with baking paper and press the mince mixture into it. Spread tomato paste 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*. Once 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.

