

# 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**
- 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) sweet potatoes, peeled and boiled**
- 2 tbsp. milk**
- 1 tbsp. *Saveur Creamy Dill Mix***
- 3 cups steamed green vegetables**
- 1/2 cup water**
- 1 tbsp. corn starch**



## 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. 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). Grease loaf pan with ghee and press in the meat mixture. Spread tomato sauce on top and bake in oven for 1 hour.

While the meatloaf is baking, mash the boiled sweet potatoes, add in milk and Saveur Creamy Dill Mix. Set aside.

When meatloaf is cooked, drain off extra liquid into a small sauce pan and bring to boil (you may need to add a little extra water or stock to get enough gravy). Mix the corn starch and 1/2 cup water together and add to the pan. Stir until thickened and remove from heat. Slice the meatloaf in ½" slices (1.5cm).

Serve meatloaf on top of sweet potato mash with a side of greens and top with gravy.

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