



## **Meat Loaf** (Serves 4)

400g Minced meat  
50g Mushrooms  
1 Onion  
50g Bread crumbs with GRINDER  
5ml Mixed herbs  
5ml Worcestershire sauce  
5ml Tomato puree with MINCER BLADE  
1egg Beaten with MINCER BLADE  
Salt and pepper

### Method:

Preheat the oven with bottom shelf high. Place the meat into a bowl, add the finely chopped mushroom and onion together with the remaining ingredients. Pack into a greased 400g loaf tin. Cover with foil and bake in the oven for 1¼ - 1½ hours until cooked at 140°C. Drain off excess liquid. Serve hot or cold.