

# Turkey Meatloaf

Served 6 slices

## Ingredients

750g minced turkey (or chicken)  
Olive Oil spray  
1 small onion, finely chopped  
100g mushrooms, finely chopped  
1 clove of garlic, finely chopped  
200g cooked quinoa  
1 tsp dried oregano  
2 tbsp finely chopped parsley  
4 tbsp tomato puree  
50ml chicken stock  
1 egg, beaten  
1 tsp worcestershire sauce  
1 tsp honey/maple syrup  
50g cheddar cheese grated  
Salt & Pepper



Preheat oven to 180c/Gas 4. Line a 1kg loaf tin with foil and spray lightly with oil.

Put the turkey/chicken mince in a large bowl. Add the onion, mushrooms, garlic, cooked quinoa and herbs, and season with salt and pepper.

Mix 2 tablespoons of the tomato puree with the chicken stock, then add this and the egg to the chicken mixture. Mix thoroughly – its best to do this with your hands. Pile the mixture into the prepared tin and smooth it down, then bake the meatloaf in the oven for 30 minutes.

Mix the remaining tomato puree with the Worcestershire sauce, honey and grated cheese. Take the meatloaf out of the oven, spread it with the honey mixture, then pop it back into the oven for 10 minutes.

Tip out of loaf tin and slice into 6 servings.

## **Nutrition Facts**

262 Kcal,  
2.2g Sat fat,  
10g net carbs  
37g Protein