



Mini meat loaves

These mini meat loaves are great for the lunch box. Easy to eat on their own or put inside a bread roll - a nice change from sandwiches.



Time to prepare: 15 minutes



Time to cook: 20 minutes



Serves 12

Ingredients

- 450 grams sausage meat
- 500 grams lean mince
- 1 medium onion, diced
- 3 tablespoons tomato sauce, or sweet chilli sauce
- 1 egg, lightly beaten

- 1/2 cup rolled oats
- 2 tablespoons low-salt soy sauce
- 1/2 teaspoon dried mixed herbs
- 1/2 cup frozen corn
- 1/2 cup frozen peas
- 1 cup tomato-based pasta sauce

Method

1. Preheat oven to 180 degrees.
2. In a large bowl, mix together sausage meat and mince with clean wet hands.
3. Add onion, tomato sauce, egg, rolled oats, soy sauce, frozen vegetables and mixed herbs. Mix well.
4. Season mixture with freshly ground black pepper.
5. If the mixture is too wet, add some more rolled oats to bind it.
6. Spray muffin tins with a little cooking oil. Use small muffin tins rather than the larger Texan muffin tins.
7. Spoon mixture into muffin tins. Divide evenly between tins. Gently press down with the back of a spoon so mixture is firm in the tins.
8. Cook for about 20 to 25 minutes until cooked through and no longer pink in the middle.
9. While hot, spoon a small amount of pasta sauce over each mini meat loaf. Allow to cool before serving.

Notes

Mini meat loaves will freeze for up to 3 months - handy to take out of the freezer for lunches.

You might also like...



Mini pasta frittata

**Super simple and perfect for the lunchbox. No need to follow the recipe exactly
- use whatever vegetables you have on hand.**

[\(/eat/recipes/mini-pasta-frittata\)](/eat/recipes/mini-pasta-frittata)



Three ingredient corn fritters

Super-easy! These will soon become a family favourite after school snack.

[\(/eat/recipes/three-ingredient-corn-fritters\)](/eat/recipes/three-ingredient-corn-fritters)



Sandwich fillings to inspire you

Here are some tasty ideas to try:

[\(/eat/articles/sandwich-fillings-inspire-you\)](/eat/articles/sandwich-fillings-inspire-you)