

# Herb Meatloaf with Tomato Sauce

A classic dinner favourite that can be made ahead of time and re-heated when its time for dinner. Any leftovers are great for lunch the next day or as a brunch on Sunday morning with a nice seasonal salad on the side.



## Ingredients

### Meatloaf

1/3 cup [Fogdog crumb \(use gluten free as required\)](#)

2 tbsp olive

1 medium onion, finely chopped

2 cloves garlic, minced or finely chopped

1 tsp each fresh rosemary and thyme, lightly chopped (if using dried, 1/3 tsp of each)

1 small to medium carrot, grated

500g lamb, beef or pork mince

1 large egg, lightly beaten

½ cup sharp cheese of choice

salt and freshly ground black pepper, to taste

### Sauce

1 400g tin diced tomatoes

1 onion, chopped

2 cloves garlic, chopped

1 cup chicken or vegetable stock

2 tbsp tomato paste

1 tsp each fresh rosemary, basil, oregano and thyme, lightly chopped (if using dried, 1/3 tsp of each)

salt and freshly ground black pepper, to taste  
2 tbsp oil  
1-2 whole dried chillies (optional)

## Method

In a large bowl combine all of the meatloaf ingredients and combine well. Roll into shape, cover and rest in the fridge for a couple of hours.

In a pot heat the oil on the stove on medium and add the onion. Cook the onion for 5-10 minutes until they are soft. Add the garlic and dried chillies and cook stirring for another 2-3 minutes.

Season with salt and pepper to taste and add the tomato, paste herbs and stock. Increase the heat and bring to a boil. Reduce and simmer for 30 minutes, stirring occasionally. The sauce can be made ahead and stored, sealed in the fridge for a couple of days until needed.

Take the meatloaf from the fridge and rest for 30 minutes to come to room temperature.

Preheat oven to 170C. Place the loaf in a high sided oven dish and cook for 20-25 minutes. Remove from the oven and remove any fats and oils that have come out of the loaf.

Cover with the sauce and cook in the oven for another 15-20 minutes. Remove and rest for 5 minutes and serve with your choice of sides.