

# Mini Egg Meatloaf

Cooking Time 40 minutes (preparation time 10 minutes) Serves 4

## Ingredients

- 5 eggs
- 500g lean beef mince
- 1 cup fresh wholemeal breadcrumbs
- 1 small onion, grated
- 1 medium carrot, grated
- 1 tablespoon tomato sauce
- 1/3 cup barbecue sauce



## Method

1. Preheat 200°C and line a baking tray with baking paper.
2. Place 4 eggs into a saucepan just large enough to fit eggs in neatly. Cover with cold water and bring to the boil over medium heat, cook until hard-boiled. Drain and cool under cold running water until completely cold. Peel and set aside.
3. Combine mince, breadcrumbs, onion, carrot, tomato sauce and remaining egg; mix well with clean hands until thoroughly mixed. Divide mixture evenly into 4 and form into balls and place on trays. Push a hard boiled egg into the centre of each meatloaf and reshape into small rectangle, making sure to have a flat top.
4. Bake 15 minutes. Remove and drain excess fat from tray Spoon barbecue sauce over the top of each loaf and return to oven; cook a further 10 minutes. Stand on tray for 5 minutes before cutting in half.