

Bite-sized Meatloaves



Serves	20+
Prep time	20 minutes
Cook time	10 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Gluten Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Appetizer , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot
Occasion	Casual Party , Christmas , Picnic , Special Occasions

Ingredients

- 250g pork mince
- 250g beef mince
- 40g Philadelphia light cream cheese
- 40g home made bread crumbs (Refer to recipe)
- 1 tablespoon chopped parsley and/or chives
- 1 egg
- 1 teaspoon salt
- 1/2 tablespoon Okonomiyaki sauce (Refer to recipe)
- 1/2 leek (finely chopped)
- 1 teaspoon minced garlic
- 1 tablespoon sunflower oil

For greasing:

- Canola oil spray

For dipping:

- Failsafe Foodie's Magic Sauce
- Okonomiyaki Sauce

Directions

1. Preheat the oven to 220°C and lightly spray a mini-muffin tray with oil.
2. Heat the sunflower oil in a frying pan and add the leek and garlic. Saute until soft and translucent. Set aside to cool.
3. In a large bowl combine the remaining ingredients, plus the leek mixture. Mix it together with your hands until well combined.
4. Place a teaspoon sized scoop into each muffin hole.
5. Bake for about 10 minutes until browned and cooked through.
6. Serve hot or cold with Magic Sauce or Okonomiyaki Sauce for dipping.



Note

Low Salicylates, High Amines, Low Glutamates

Pork is high in amines, but if it's not tolerated use just beef or try a chicken mince version. Use rice crumbs for a gluten-free version.

This recipe makes approximately 54 bite-sized meatloaves

Refer here for the [bread crumbs](#), [Okonomiyaki Sauce](#) and [Magic Sauce](#) recipes.