

Loaded Mini Meatloaves



Serves	3-4
Prep time	20 minutes
Cook time	20 minutes
Total time	40 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	Main Dish , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Hot

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 the mashed potato:

- 375g potatoes (peeled and diced)
- 25g butter
- 1/2 cup warm milk (approximate)
- salt (to taste)

To top:

- No-Tomato Sauce or Okonomiyaki Sauce
- Chopped chives

Directions

1. Preheat the oven to 220°C and lightly spray two 6-hole muffin trays 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. Divide the mixture into 9 muffin holes.
5. Bake for about 15 - 20 minutes until browned and cooked through.
6. To make the mashed potatoes cook the potatoes (boil, steam, microwave) then drain and place into a large bowl. Add the butter and salt then a little bit of milk. Mash the potatoes, adding milk until you get the desired consistency.
7. To serve the meatloaves, place a squirt of sauce on top of each meatloaf then top with the mashed potato and sprinkle with chives.
8. Serve with a salad or vegetables.
9. Leftover mini meatloaves are great cold, sliced in a sandwich or on their own as a snack.



Note

Low Salicylates, High Amines, Low Glutamates

Pork is high in amines, but if it's not tolerated use 500g beef or chicken mince. Use rice crumbs for a gluten-free version.

This recipe makes 9 mini meatloaves.

Refer here for the [bread crumbs](#), [No-Tomato Sauce](#) and [Okonomiyaki Sauce](#) recipes.

These Loaded Mini-Meatloaves were inspired by a [recipe on Essential Kids](#).