

Meatloaf in Sauce



Serves	8
Prep time	20 minutes
Cook time	55 minutes
Total time	1 hours, 15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge , Salicylates & Amines
Meal type	Main Dish
Misc	Serve Hot

Ingredients

- Canola oil spray

For the meatloaf:

- 600g mince (beef, chicken, lamb, pork (amines) or a combination of these)
- 1/2 cup mashed potato
- 1 1/2 cup finely sliced vegetables (See Note)
- 5 spring onions (finely chopped)
- 1 teaspoon minced garlic
- 1 egg
- 1/2 cup pear and vegetable sauce (Refer to recipe)
- 1 cup rice crumbs

For the sauce:

- 1/2 cup No-tomato sauce (Refer to recipe)
- 1/2 cup water

Directions

1. Preheat the oven to 220°C and lightly spray a large baking tray.
2. Mix all the ingredients for the meatloaf together with your hands and form into a loaf shape.
3. Place the meatloaf in the centre of the baking tray and bake for 15 minutes, or until lightly browned.
4. Meanwhile, combine the no-tomato sauce and water in a small bowl and set aside.
5. Turn the heat down to 180°C, pour the sauce over the top of the meatloaf and bake for another 30 - 40 minutes until cooked through, basting with the sauce after 15 minutes.
6. Remove from the oven and allow to sit for 5 minutes before slicing and serving.



 [Meatloaf in Sauce](#)

Note

Low/Moderate Salicylates and Glutamates, Low/High Amines

Vegetables to use:

- Low Chemical/Failsafe - beans, swede, celery
- Moderate Chemical - peas (glutamates), carrot, parsnip (salicylates)

If Amines are tolerated pork mince can be used.

Refer here for the recipes for [Pear and Vegetable Sauce](#) and [No-Tomato Sauce](#).