

GF Friendly

Sweet Potato Meatloaf

A tasty, light-flavoured meatloaf

When I tried this it was an experiment and I wasn't sure what it would taste like. As it happened, the flavour was lighter than I imagined, but it was most enjoyable; and I think it would suit anyone not that keen on hot, spicy dishes. The more adventurous might like to pop in some chilli, curry powder, or any other spices of choice. As for the mince, any alternative to beef such as lamb, pork or chicken should be fine. Also, vegetarians can leave it out altogether and substitute other vegies.

- 400g lean beef mince
- 300g sweet potato
- 1 finely chopped onion
- 2 Tbsps chopped capsicum
- ¾ cup breadcrumbs
- 1 egg
- 2 Tbsps chutney
- 1 Tbsp tomato sauce
- ½ cup beef stock
- ½ tsp salt (optional)
- ¼ tsp black pepper (optional)



Peel and cube the sweet potato; then boil, drain and mash.

Lightly beat the egg in a large bowl. Add the breadcrumbs and the rest of the ingredients **except for the mashed sweet potato and the beef mince**, and combine well. Now mix in the mash followed by the beef mince and work in with the back of a fork, ensuring any lumps are broken up and all ingredients are evenly distributed throughout.

Finally, pour in the beef stock and give it a good stir before transferring to a suitable casserole or a loaf tin.

Pre-heat the oven to 165°C fan-forced (180°C conventional); then cook covered for 20 minutes. Remove the cover and cook a further 20 minutes to lightly brown the top.

Serves at least 4 with vegetables and a sauce or gravy

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