



## **LAMB MEATLOAF**

### **INGREDIENTS**

1 kg Mince Lamb  
  
1 cup Orgran All Purpose Crumbs  
1 cup frozen mixed vegetables  
2 lbs tomato paste  
1 sliced onion  
1 egg  
2 lbs Orgran Gravy Mix  
1 tbs oil  
salt and pepper to taste  
1 crushed clove of garlic (optional)  
1 tbs chopped rosemary (optional)

### **METHOD**

Pre-heat oven to 200 degrees Celsius and grease a 6 cup loaf tin.  
Using the oil fry the onion and garlic until soft, set aside to cool, in a large bowl, place the lamb mince, crumbs, gravy mix, tomato paste, salt and pepper, rosemary and egg, add the onion and garlic that has been cooled.

Lastly add the frozen mixed vegetables. Mix well the spoon into the loaf tin. Place loaf tin on a baking tray and bake for 1 hour. Drain off any excess liquid, remove from tin and slice into thick pieces. Serve with baked potatoes and green vegetables.

This meat loaf is also tasty served cold with salad or on Orgran Crispbread with gluten free tomato relish.