



## MEATLOAF

Serves 6

### INGREDIENTS FOR THE SAUCE

1/2 cup tinned tomato sauce

1/4 cup tomato paste

2 tbsp water

3 Deglet Noor dates, halved (substitute with Medjool dates if not following Keto)

1 tbsp white vinegar

1 tsp onion powder

1/2 tsp garlic powder

1/2 tsp sea salt

### INGREDIENTS FOR THE MEATLOAF

500g Maleny Black Angus Beef mince

1 large egg

6 tbsp green capsicum, diced

1/4 cup green onion, sliced

1/2 tsp sea salt

Pinch black pepper

4 tsp coconut flour

## METHOD

1. Preheat your oven to 175C–180C (moderate oven).
2. Combine all the sauce ingredients in a small pot, set on a high heat and stir to combine. Bring it to the boil.
3. Once boiling, boil for 1 minute, stirring frequently. Then reduce the temperature to medium and cook until the sauce begins to thicken, about 4 minutes.
4. Immediately transfer to a small food processor and blend until smooth and the dates are broken down and incorporated, stopping to scrape down the sides often. That may take a few minutes.
5. In a medium bowl, combine all the meatloaf ingredients, up to the coconut flour, until its “just-mixed” — don’t overwork the meat. It’s easiest to use your hands. Add in the coconut flour and mix until combined.
6. Transfer the mixture to a loaf tin and press in an even layer, making sure you don’t overpack the meatloaf — this makes it dry. Spread the sauce all over the top.
7. Bake until it’s no longer pink inside, and the inside reads 71C on the thermometer — about 45–55mins. Let it stand for 5 minutes before serving.

This delicious meatloaf can be served hot with baked cauliflower, pumpkin and greens (eg. beans, broccoli, peas, etc) or cold with salad. Add carbs as your sides (eg. mashed potato or potato bake) or skip them and eat keto like us.

However you serve it, this easy low-carb paleo meatloaf is a family-friendly weeknight dinner that everyone should love. If there’s any left, I take slices in my lunch the next day when I’m working out in the paddock. Enjoy!

