

Meat Loaf with Blue Cheese

A meat loaf is a very useful basic dish to add to your maintenance menus. It can be served hot with vegetables (jacket potatoes and broccoli are particularly good) or cold with salad. The cheese makes this loaf extra tasty, but if you are not fond of blue cheese you could substitute Leicester or Double Gloucester instead. This recipe freezes well.

450g/1lb very lean ground or minced beef

115g/4oz mushrooms

50g/2oz onion

1 egg, size 3 = 67g

50g/2oz fresh wholemeal breadcrumbs

45ml/3 level tablespoons tomato ketchup

5ml/1 teaspoon Worcestershire sauce

Salt and pepper

75g/3oz Danish Blue cheese

Line a 450g/1lb loaf tin with foil. Finely chop the mushrooms and onion. If you have a food processor use it to chop them, if not do it by hand. Lightly beat the egg. Mix all the ingredients except the cheese together and season well with salt and pepper. Place half the mixture in the loaf tin and level the top. Grate the cheese and place on top of the meat. Cover with the remaining meat mixture. Cover with foil and bake at 180°C/350°F/gas mark 4 for 1 hour. Turn out and serve hot or cold.

— beware liquid in tin!!

Serves 4/325 calories

5 fat units/2.1 grams fibre per portion

** get the texture like breadcrumbs*