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## Thai Mini Meatloaves

with Stir-Fried Asian Greens



30-40min



4 Portions

Looking for flavoursome food in summer that's light on the fat and calories? Well look no further! These Thai-inspired mini meatloaves are packed with flavour, but not with fat! And for those watching their carb intake, this recipe is low-carb, too! The meatloaves are served with flash-fried Asian vegetables that are filled with vitamin C, fibre and also have a good hit of calcium.

## What we send

- baby bok choy
- garlic, ginger, Thai basil
- carrot
- Chinese broccoli
- oyster sauce <sup>1,14</sup>
- coconut milk
- panko breadcrumbs <sup>1</sup>
- free-range pork mince

## What you'll require

- egg <sup>3</sup>
- vegetable oil

## Utensils

- foil
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

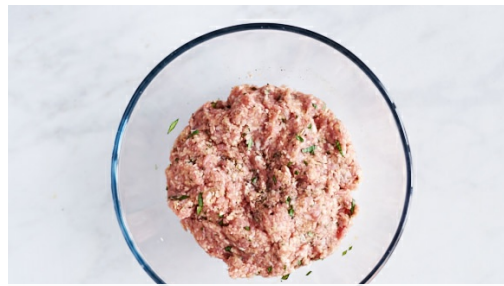
Let the kids assemble the meatloaves.

## Allergens

Gluten (1), Egg (3), Mollusc (14). May contain traces of other allergens.

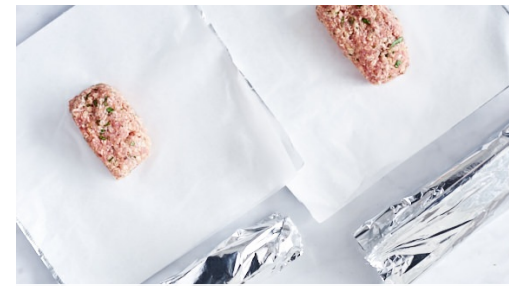
## Nutrition per serving

Energy 400.0kcal, Fat 9.4g, Proteins 46.6g, Carbs 26.9g



### 1. Prepare meatloaf mixture

Preheat oven to 240C. Finely chop the **garlic, ginger** and **Thai basil**, reserving a few leaves for garnish. Place the **pork mince**, garlic, ginger, Thai basil, **breadcrumbs** and **coconut milk** in a large bowl with 1 tbs **oyster sauce** and 1 **egg**. Mix well to combine.



### 2. Wrap meatloaves in foil

Divide the **mince mixture** into 4 portions (you can make the kids meatloaves slightly smaller). Wrap each **meatloaf** in an oiled piece of foil.



### 3. Cook meatloaves

Lightly grease a large oven tray. Place wrapped **meatloaves** on the tray. Bake for 12 mins, then remove foil. Brush with 2 tbs **oyster sauce**. Cook smaller meatloaves for a further 10 mins and larger ones for a further 15 mins or until cooked through.



### 4. Prepare vegetables

Meanwhile, trim the **Chinese broccoli**. Cut into 8cm lengths. Cut the **carrot** into matchsticks. Trim and separate the **baby bok choy** leaves.



### 5. Stir-fry vegetables

Heat 3 tsp **oil** in a wok or large frypan over high heat. Add the **Chinese broccoli** and **carrot** and stir-fry for 3-4 mins until almost tender. Add the **bok choy**, remaining 1 tbs **oyster sauce** and 1 tbs **water**. Stir-fry for a further 2 mins or until tender.



### 6. Get ready to serve

Thickly slice the **meatloaves**. Serve with **stir-fried Asian greens** and garnish with reserved **Thai basil leaves**.