



TURKEY QUINOA MEATLOAF

SERVES: 6



INGREDIENTS

- 41g Tipiak Quinoa
- 1 Knorr Chicken Stock Pot
- 1 tbsp Olitalia Olive Oil
- 1 small onion, finely chopped
- 1 carrot, grated
- 1 red bell pepper, finely chopped
- 2 cloves garlic, minced
- 900g ground turkey
- 2 tbsp tomato paste
- 1/4 tsp cayenne pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 4 tbsp Worcestershire sauce
- 2 Le Naturelle Eggs
- 2 tsp salt
- 1 tsp pepper
- 2 tbsp brown sugar



METHOD

1. Cook the quinoa as per the instructions on the package using the chicken stock pot to flavour the quinoa. Set aside to cool.
2. Pre-heat the oven to 180°C. Heat the olive oil in a pan over medium heat. Stir in the onion, carrot and bell pepper, sauté until the onion has softened and turned translucent for around 5 minutes. Add the garlic and cook for another minute. Set aside to cool.
3. In a large bowl, stir the turkey, cooked quinoa, cooked veggies, tomato paste, cayenne, onion and garlic powder, 2 tablespoons Worcestershire, eggs, salt, and pepper until well combined. Shape into a loaf on a parchment or foil lined rimmed baking sheet.
4. Combine the brown sugar and 2 teaspoons Worcestershire in a small bowl. Rub the paste over the top of the meatloaf.
5. Bake in the preheated oven until no longer pink in the center for about 50 minutes. A thermometer inserted into the center should read at least 70°C. Let the meatloaf cool for 10 minutes before slicing and serving.