

MINI MEATLOAVES

<i>Ingredients</i>	<i>Equipment</i>
1 Carrot	Chopping Boards
½ Zucchini	Knives
500g Mince Beef	Cup Measures
1 Cup Bread Crumbs/ Gluten Free	Large Mixing Bowl
½ Onion	Small Mixing Bowl
1/3 Cup Frozen Peas	Whisk
¼ Cup Chutney	Garlic Crusher
1 Egg/ No Egg Replacer	Greased Muffin Tray
2 Cloves Garlic	
Salt & Pepper to taste	

<i>What to do</i>

1. Get out all required equipment
2. Weigh and measure ingredients
3. Peel and grate the carrot
4. Grate the zucchini
5. Peel and grate the onion
6. Whisk the egg
7. Peel and crush the garlic
8. Mix all ingredients in the large mixing bowl
9. Place mixture evenly in the muffin tray. Brush each meatloaf with extra chutney.
10. Cook in a moderately hot oven for 15 minutes.