



Herbed-Meat-Loaf

500g Minced Beef

1 cup Carrot (grated)

500g Sausage Meat

½ cup Parsley (chopped)

½ cup Harraways Oats

2 tablespoons French Mustard

1 Egg Black Pepper (ground)

2 Spring Onions Salt

2 Cloves Garlic 1 teaspoon Dried Thyme

Topping

2 tablespoons Harraways Rolled Oats

1 tablespoon Brown Sugar

2 tablespoons Tomato Sauce

Chop spring onions and crush Garlic. Combine all ingredients (excepting topping), press into loaf tin. Bake at 180°C for 60mins. Cover with topping and bake for a further 5 mins. Topping should be golden brown.

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