

# Turkey meatloaf



**DYNAMIX**  
HEALTH & FITNESS

2 tsps coconut oil  
150g white onion, finely chopped  
½ a red bell-pepper, diced  
2 garlic cloves, peeled and minced  
60g button mushrooms, finely chopped  
a pinch of sea salt and ground black pepper  
1 tbsp Worcestershire sauce  
4 tsps tomato ketchup (use a reduced sugar variety if preferred)  
2 eggs  
400g lean turkey mince

**MAKES 6 SLICES**

Preheat oven to 200°C/400°F. Lightly grease the base and sides of a loaf tin with coconut oil and line the base with baking paper.

Heat the oil in a large frying pan over a medium heat. Add the onion and sauté for 5 minutes, stirring occasionally.

Add the bell-pepper and fry for 3 minutes, stirring occasionally. Add the garlic and fry for 1 minute. Add the mushrooms, salt and pepper. Cook for 5 minutes, stirring occasionally.

Transfer the mixture to a large bowl. Add the Worcestershire sauce and half of the ketchup. Allow to stand for 10 minutes.

Add the eggs and turkey and mix well with your hands. Transfer the mixture to the loaf tin and press down firmly. Spread the remaining ketchup over the meatloaf.

Bake for 45 minutes or until cooked throughout. Allow to cool in the tin.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or wrap each slice in clingfilm and freeze on same day.*



PER SLICE:  
136 Calories  
**5g Carbs**  
**20g Protein**  
**4g Fat**

