

# Mini Meatloaves



**Serves 4**   **Prep 10 mins**

**Cooking 1hr**

**Easy**

## Ingredients

4 tsp olive oil  
1 onion, finely chopped  
1 carrot, finely chopped  
50g fresh breadcrumbs  
175ml passata  
2 tsp Worcestershire sauce  
1 egg, beaten  
500g lean beef, pork or veal mince  
2 tsp thyme leaves  
2 plum tomatoes, halved, seeds scraped out  
1 tsp sugar

1. Heat oven to 200C/ Fan 180C/Gas 6 and heat 1 tsp oil in a large frying pan. Add the onion and carrot and soften for 10 mins. Transfer into a large bowl, then add the breadcrumbs, 5 tbsp of the passata, the Worcestershire sauce, egg, mince, half the thyme and some seasoning. Mix well.
2. Brush 4 large ramekins or 6 muffin tins with the remaining oil. Press the mince mixture into them, then pour the remaining passata on top. Top each with a tomato half, sprinkled with a pinch of sugar, salt and pepper and the remaining thyme. Bake for 50 mins until cooked through, then serve with mash.