

## Mexican Style Meatloaf

This meatloaf has the Mexican flavours of cumin and chilli. It can be enjoyed with an Italian-style tomato sauce and I like to serve it with mashed potatoes and a green salad. You need a greased loaf tin.

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- 3 tbsp *Cobram Estate Fresh and Fruity extra virgin olive oil*
  - ¼ tsp cumin seeds
  - 1 cup diced carrots
  - About ½ cup finely diced red capsicum
  - About 1 cup diced eggplant
  - ½ cup shelled peas
  - ½ tsp ground cumin
  - ½ cup water
  - 800 g ground lean beef
  - ½ cup fresh breadcrumbs
  - ½ tsp hot chilli paste
  - A little salt and freshly ground black pepper
  - 1 tbsp tomato ketchup
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Heat the *Cobram Estate Fresh and Fruity extra virgin olive oil* in a large non-stick frying pan and gently stir-fry the cumin seeds, carrots and capsicum for 1 minute. Add the eggplant, peas and ground cumin, stir and cook for 2 minutes. Add half the water and cook for a further 2 minutes. Allow to cool a little.

Preheat the oven to 220°C. Mix the ground beef with the breadcrumbs, cooked vegetables, remaining water, chilli paste and a little salt and pepper. Mix thoroughly for about 1 minute and spoon the preparation into a greased loaf tin and brush the top with ketchup. Bake in a preheated oven for 20 minutes, lower the temperature to 180°C and cook for a further 20 minutes.

Remove the meatloaf from oven and leave to rest for 10 minutes before carefully slicing with a serrated knife.