

Egg-stuffed Meatloaf



Preparation time:	80 mins
Serves:	6 people
User Rating:	★★★★☆

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A reimagined classic, this Egg-Stuffed Meatloaf is sure to get a few mouths watering come dinnertime. Once in the oven, a smoky BBQ glaze fills the kitchen with a delightful, nostalgic aroma. Pair this main with roasted veggies and you got yourself a well-rounded meal.

See the full meatloaf recipe below.



Ingredients

Meatloaf

- 6 eggs
- 3 cloves garlic, crushed
- ¼ cup (60ml) smoky barbecue sauce
- 2 tablespoons Dijon mustard

- 750g beef mince
- 1½ cups (120g) fresh breadcrumbs
- 1 onion, grated
- ½ cup (50g) shredded parmesan
- 1 carrot, peeled (125g), grated
- 1 small zucchini (125g), grated
- Salt and pepper
- Roasted baby carrots and broccolini to serve

Glaze

- ⅓ cup (60ml) smoky barbecue sauce
- 1 tablespoon Dijon mustard
- 1 tablespoon olive oil

Method

Meatloaf

1. Boil 4 eggs in a pan of boiling water for 4-5 minutes. Immerse in cold water to stop cooking. Once cool enough to handle, carefully peel and set aside.
2. Preheat oven to 200°C/180°C (fan-forced). Lightly spray an oven tray with oil and line with baking paper.
3. Crack remaining eggs in a large bowl and add garlic, barbecue sauce and mustard. Whisk well. Add mince, breadcrumbs, onion and parmesan cheese.
4. Squeeze excess moisture from grated carrot and zucchini and add to mince mixture. Season with salt and pepper. Mix until well combined.
5. Shape about a third of the mixture into a 10cm x 25cm rectangle on prepared baking tray. Make 4 indents into the top of the mixture with the back of a spoon. Place boiled eggs lengthways along the centre. Top with remaining meat mixture and shape into a loaf. Bake for 35 to 40 minutes.

Glaze

1. Combine sauce, mustard and oil in a small bowl. Remove meatloaf from the oven. Spoon over the glaze to cover. Cook for a further 15 to 20 minutes, or until juices run clear when tested with a skewer.
2. Rest for 10 minutes. Slice and serve with baby carrots and broccolini.

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[Try watching this video on www.youtube.com](#), or enable JavaScript if it is disabled in your browser.

Notes

- This meatloaf is suitable to freeze. Wrap individual portions of cooked meatloaf in plastic wrap and freeze for up to 1 month. To serve, defrost portions overnight in the fridge. Reheat in the microwave or wrap in foil and heat in a 180°C oven.
- Use a clean tea-towel to squeeze out excess moisture from the grated vegetables.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Vitamin D
321g	2160kj 516kcal	41.6g	23.3g	8.6g	32.8g	18g	851mg	8.2µg

All nutrition values are per serve.