

Chicken and Ginger Mini Meatloaves

- by Healing Family Eats

FYI for our family I omit the ginger because of my boy's allergy, and they are still every bit as delicious!

(makes 10)

- 1 large carrot (4 oz), chopped
- 2 tbsp lard (or other solid animal fat or [palm shortening](#))
- 1 lb ground pasture raised chicken
- 2 tsp chopped thyme leaves
- 1 heaped tbsp finely chopped mint leaves
- 1/4 tsp [ground ginger](#)
- 1+1/4 tsp [sea salt](#)

First cook the carrots: Steam or simmer in a small amount of filtered water for 10-12 minutes until very tender. Place the cooked carrots into a food processor, together with the shortening and blitz to a purée to yield 1/2 cup. Set aside to cool completely.

Preheat oven to 350F. Double line a large muffin tin with [parchment cases](#). *You don't need to do this but I like to for two reasons. Firstly, I don't want my mixture to come into contact with the lining of the tin and secondly, clean up is way easier.*

Put the cooled carrot purée back into the processor, together with the remaining ingredients and do 8-10 short pulses until everything is well combined. Put 3 rounded tablespoons of the mixture into each parchment case and flatten the tops slightly. Place into the oven and cook for 20 minutes. Push a skewer or cocktail stick into the middle of one of the meatloaves to make sure the juices run clear - if not, put the muffin tin back into the oven for another minute or two. Now remove the tin from the oven, quickly turn the oven to broil and return the meatloaves. Broil for 2-3 mins to get a little colour on them. Remove from the oven again and allow to cool slightly. Tip the excess oil out of the cases into a small bowl for future use, and put the minis onto a wire rack or serve immediately. Delicious hot, warm or cold!

Keep in a covered container in the fridge or in the freezer.

