

Hidden Veggie Meatloaf with Chicken and Lamb

by Healing Family Eats

Serves 6-8

3/4 lb ground chicken
1 lb ground lamb
2 medium carrots, grated
3 radishes, grated
3 oz fennel, grated and chopped fronds
4 inches white part of leek, thinly sliced
6 fresh sage leaves, finely chopped
1/2 cup finely chopped fresh curly parsley
1 tsp fresh thyme leaves
generous pinch sea salt
5-6 slices nitrate free bacon

Preheat the oven to 375F.

Put all the ingredients except for bacon, into a large bowl and with your hands, combine everything extremely well.

Transfer the mixture to a dish that has a 2 pint capacity. Lay the bacon slices over the top of the mixture, tucking them down into the sides of the dish.

Place onto a rimmed baking sheet and cook for around 60-70 minutes, until the juices come out clean when pierced with a skewer.

Remove from the oven and let the dish sit for 15 minutes or so. Transfer the meatloaf to a large plate and cut into thick slices. Serve.

