

## Fancy some beef?

### Natura-Beef meatloaf is always tasty



A dish that's always suitable: Natura—Beef meatloaf with potatoes or root vegetables.  
Mmh, delicious!



#### Ingredients for 4 persons

- 4 tbsp oat flakes
- 1dl water
- 500g minced meat
- 1 onion
- 2 carrots
- 2 cloves of garlic
- 1 bunch chopped parsley
- A few sprigs of plucked thyme
- Sage leaves, finely chopped
- Basil, finely chopped
- 1 egg
- 1 tsp salt
- Pepper

#### Preparation:

Pre-heat the oven to 180-200° C.

Soak the oat flakes in a bowl for about 10 minutes, pour off excess water. Add the minced meat. Grate the carrots, add the onion and garlic, finely chopped with the herbs, to the mixture. Mix everything together and knead well.

Pour the mixture into a greased or baking paper-lined cake tin.

Bake in a pre-heated oven at 180-200°C for approx. 45 minutes.

Tip: can be prepared the evening before.

Source image and recipe: Swiss Farmers' and Rural Women's Association