



MINI MEATLOAVES WITH HERB-MUSHROOM ORZO

FAST. EASY. FRESH.

1. Start by preheating your oven to 425°F and putting a large pot of salted water on to boil. Next, tear your **bread** into very small pieces and chop half of your **mushrooms** very finely. Place both into a large bowl.

2. To the same bowl add your **beef**, **egg**, **paprika**, **Worcestershire sauce**, ½ tsp **salt**, and a good pinch of ground **pepper**. Pick the leaves off your **parsley** and add about 2 Tbsp., of them to the bowl as well. Mix everything together with your hands until just combined.

3. Form the meat into two 3-by-4-inch mini meatloaves then transfer to a tinfoil-lined baking sheet. Bake until browned and cooked through, about 15 minutes.

4. Meanwhile, add the **orzo** to your boiling water and cook for 10 minutes, or until al dente. Reserve ½ cup of the cooking water, then drain the orzo. Pick the leaves off your **sage** and roughly chop.

5. Heat 1 Tbsp. **oil** in a large pan over high heat. Add your remaining mushrooms and cook, undisturbed, until they just start browning, 2-3 minutes. Stir in the sage and season with salt and pepper. Cook until the mushrooms are tender, 1-2 minutes more then, stir in the orzo.

6. Remove the pan from the heat and stir in your remaining parsley leaves and drizzle with a bit more olive oil. Gradually add the reserved cooking water as needed to loosen and season with salt and pepper to taste. To serve, spoon dollops of **yogurt** onto the meatloaves and serve alongside the orzo. Enjoy!

Ingredients (4 Person Serving – 789 Calories Per Serving)

Olive Oil	2 Tbsp.	Worcestershire Sauce	2 tsp.
Multigrain Bread	2 Slices	Salt	½ tsp.
Sliced Mushrooms	240 g	Orzo	240 g
Lean Ground Beef	500 g	Fresh Sage	Few Sprigs
Large Eggs	2	Plain Yogurt	½ Cup
Fresh Parsley	Small bunch	Salt and Pepper	To taste
Paprika	2 tsp.		



35 Minute
Cook
Time!