



Meatloaf with Paris Mash **Denise Drysdale 08/03/10**

This failsafe and very yummy meatloaf recipe was kindly supplied by home viewer Sharon Hanna and her mum Sue Zakhary.

Serves 4

Ingredients

½ kilo premium beef mince
1 medium onion – finely grated
1 egg
½ teaspoon Chinese 5-spice
1 teaspoon dried parsley
¼ cup breadcrumbs
125g frozen sweet corn and baby peas (microwave to thaw)
Salt and pepper to taste

Paris Mash:

6-8 large desiree potatoes (or waxy potatoes good for mashing)
100g butter, chopped
2/3 cup pouring cream, warmed

Method

Combine all ingredients and place in a greased loaf tin

Bake for 35 minutes on 200°C.

For the mash:

Cook potatoes in a large saucepan of boiling salted water until tender (or microwave until tender), drain.

Return to saucepan over a low heat and shake to dry potatoes. Remove from heat. Add butter and cream to potatoes and mash until smooth. Season with salt and pepper.

Spoon the mash onto serving plate, top with meatloaf and sprinkle with a little olive oil.

Serve.