



GREEK STYLE MEATLOAF

— NO MINT —

A savory Greek-inspired meatloaf made with garlic, oregano, parsley, feta and a rich tomato topping.



SERVINGS
4-6



PREP TIME
20 MIN



COOK TIME
55-65 MIN



OVEN TEMP
190°C / 375°F

INGREDIENTS

MEATLOAF

- Lean ground beef 1 kg
- Onion, finely grated 150 g
- Garlic, minced 4 cloves (16 g)
- Fresh parsley, chopped 25 g
- Dried Greek oregano 2 tsp (4 g)
- Ground cumin ½ tsp
- Sweet paprika 1 tsp
- Salt 10 g
- Black pepper 1 tsp
- Feta, crumbled 100 g
- Egg 1 large
- Breadcrumbs 60 g
- Milk 80 ml
- Extra-virgin olive oil 15 ml
- Worcestershire sauce 15 ml
- Lemon zest 1 tsp

TOMATO TOPPING

- Crushed tomatoes / passata 150 g
- Tomato paste 15 g
- Olive oil 1 tbsp
- Dried oregano ½ tsp
- Sugar ½ tsp
- Salt & pepper to taste



STEP-BY-STEP

1



Preheat oven to 190°C / 375°F.

2



Combine breadcrumbs and milk. Let stand 5 minutes.

3



In a large bowl, combine beef, onion, garlic, parsley, oregano, cumin, paprika, salt, pepper, feta, egg, soaked breadcrumbs, olive oil, Worcestershire sauce and lemon zest.

4



Mix only until combined. Do not overmix.

5



Form into a free-standing loaf (approx. 25 x 12 cm / 10 x 5 in) on a parchment-lined baking sheet.

6



Mix tomato topping ingredients and spread about ½ over the meatloaf.

7



Bake for 40 minutes, add remaining tomato sauce, then continue cooking 15-25 minutes, until the centre reaches 71°C / 160°F.

8



Rest 10-15 minutes before slicing.

NUTRITION FACTS

Per serving (1 slice, approx. 170 g)

Calories	350
Protein	31 g
Fat	21 g
Saturated Fat	9 g
Carbohydrates	7 g
Fiber	1 g
Sugars	3 g
Sodium	520 mg

CHEF'S TIP



For an even more authentic Greek flavor, add ½ tsp ground cinnamon to the meat mixture. It gives that classic keftedes/pastitsio taste without being noticeable.

SERVING SUGGESTION

Serve with lemon-roasted potatoes, tzatziki, Greek salad or spanakorizo.



MADE WITH
SIMPLE INGREDIENTS



RICH FLAVOR
MADE EASY



AUTHENTIC GREEK
INSPIRED RECIPE

