

High-Protein Mini Meatloaves & Veggies

Yield: 2 servings (2 mini loaves + roasted veg)

Vegetables

- Zucchini – **120 g**, cut into 1.5 cm rounds
- Carrot – **90 g**, peeled and cut on the bias 1.5 cm thick
- Olive oil – **5 g (1 tsp)**
- Black pepper – **0.5 g (1/8 tsp)**
- Salt – **0.5 g (1/8 tsp)**

Meatloaves

- Ground beef/pork mix (合い挽き) – **225 g**
- Egg – **1 medium (≈50 g, JP L)**
- White onion – **40 g**, finely chopped
- Red bell pepper – **40 g**, finely chopped
- Cooked brown rice – **35 g (1/4 cup cooked)**
- Ketchup – **30 g (2 Tbsp)**, divided
- Worcestershire sauce – **5 ml (1 tsp)**
- Fresh thyme – **2 g (2 tsp fresh, chopped) (or 1/2 tsp dried)**
- Garlic – **1 clove (5 g)**, minced
- Black pepper – **0.5 g (1/8 tsp)**
- Salt – **0.5 g (1/8 tsp)**



Instructions

1. **Preheat oven** to **190 °C**. Line a large rimmed baking sheet with parchment and lightly coat with spray.
2. **Roast vegetables:** Place **zucchini** and **carrots** on one side of the baking sheet. Drizzle with **1 tsp oil**, season with **1/8 tsp each salt** and **pepper**, and toss.
3. **Mix meatloaves:** In a bowl, combine ground **meat**, **egg**, **onion**, **bell pepper**, **rice**, **1 T ketchup**, **Worcestershire**, **thyme**, **garlic**, **1/8 tsp pepper**, and **1/8 tsp salt**. Mix lightly until just combined. Divide in half and shape into mini loaves (about 5 × 10 cm). Place on the other side of the baking sheet. Brush tops with remaining **1 T ketchup**.
4. **Bake for ~25 minutes**, stirring vegetables halfway, until loaves reach 74 °C inside and vegetables are tender. Sprinkle with a little extra **pepper** before serving.

Nutrition (per serving = 1 mini loaf + half the vegetables)

- **Calories:** ~360 kcal
- **Protein:** ~26 g
- **Fat:** ~18 g
 - Sat. Fat: ~6 g
- **Carbs:** ~22 g
 - Sugars: ~8 g
- **Fiber:** ~3 g
- **Sodium:** ~470 mg
- **Omega-3:** ~0.2 g (trace from meat + veg)

Suggestions

- **Lower sodium:** You could replace ketchup with **no-salt tomato paste + ½ tsp honey** for a lighter glaze.
- **More veg:** Double the zucchini/carrot or add bell pepper strips alongside for a more balanced plate.
- **Moisture:** The brown rice helps keep loaves juicy; you could also add **1 Tbsp plain Greek yogurt** to the mix for a softer crumb.
- **Variation:** Swap thyme for shiso or parsley for a Japanese touch.