

MEATLOAF WITH MOZZARELLA, SUN-DRIED TOMATOES

Appliance: Combi Microwave Oven

Servings: 6

A flavor-packed meatloaf combined with pork sausage, sun-dried tomatoes, and mozzarella cheese cooks to perfection in just 20 minutes using the combination Convection Microwave Speed mode.

Ingredients

1lb (500g) ground beef (15% fat)
1lb (500g) bulk pork sausage
½ lb (250g) grated mozzarella cheese
½ cup (50 g) fine breadcrumbs
1 small onion, finely chopped
½ cup (125 mL) chopped, oil-packed, sundried tomatoes
4 cloves garlic, minced

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2 tsp dried mixed Italian seasoning
2 tsp Kosher salt
1 tsp freshly ground black pepper
2 large eggs, beaten
1½ cups (375 mL) t omato sauce, divided

½ cup (125 mL) ketchup

Instructions

The meatloaf can be cooked directly on the glass oven tray lined with parchment paper or on a rimmed metal baking sheet lined with parchment paper.

Combine the ground beef, pork sausage, cheese, breadcrumbs, onion, sun-dried tomatoes, garlic, Italian seasoning, salt and pepper in a large bowl. With a light hand, mix in the beaten eggs and 1 cup of tomato sauce.

To heat the oven select the Convection mode with the left control knob, leave the default temperature set at 360F and touch Play.

Place the meatloaf mixture onto the prepared pan and shape into an even loaf shape.

Combine the remaining tomato sauce with the ketchup and brush over the meatloaf and place in the oven.

Select the + Microwave option and turn the left knob counterclockwise to the 360W. Set the timer for 20 minutes with the right control knob and touch Play.

The meatloaf should feel firm to the touch after 20 minutes, if it is still slightly soft, replace the tray in the oven and continue cooking for another 5 minutes or until firm. Allow the meatloaf to rest for 8 - 10 minutes before slicing.