

Meatloaf Roulade

Serves Five



Meatloaf Ingredients

- 1 cup brown onion, finely chopped
- 2 cloves garlic, minced
- 3 tablespoons olive oil, divided
- 1 box/pint cherry tomatoes
- 1 bag baby spinach, chopped
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons Worcestershire sauce
- 2 tablespoons tomato paste
- 2 pounds ground beef or turkey
- 1 cup panko (Japanese bread crumbs)
- 2 eggs, beaten
- ½ cup feta cheese, crumbled
- ½ cup balsamic glaze (for the top)

Steps

- 1. Prepare a baking sheet pan (or 8" by 11" pan) for the meatloaf by lining with foil and spraying with non-stick spray.
- 2. Preheat oven to 425°F. On a baking sheet pan toss the cherry tomatoes with 1 tablespoon of olive oil. Roast for 25 minutes (or until they begin to char). Remove from oven and let cool. Lower oven temperature to 350°F.
- 3. Add 2 tablespoons olive oil to a medium-size saute pan and heat over medium-high heat. Add onions and garlic and cook until onions are translucent. Remove onion mixture to a large mixing bowl and allow to cool. In the same saute pan begin cooking the spinach on medium heat until it is wilted.
- 4. In the mixing bowl with the onions combine salt, pepper, Worcestershire sauce, tomato paste, ground meat, panko and eggs until the ingredients are well incorporated.
- 5. Transfer the meat to a large piece of parchment paper. Press the meat out into a large rectangle about 12" by 16". In the center of the rectangle add the spinach, tomatoes and feta cheese making sure to keep a border around the meat without any ingredients/filling. Using the parchment paper to help you, roll the meat up jelly-roll style. Transfer to the prepared baking sheet pan and smooth into a loaf. Top with balsamic glaze.
- 6. Bake for about 45 minutes or until the internal temperature reaches 165°F. Serve warm.