

Air Fryer Mini Egg Meatloaf



Preparation time:	40 mins
Serves:	4 people
User Rating:	★★★★☆

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Ever had a meatloaf quite like this?

The versatility of the air fryer never ceases to amaze us. This time we tried out egg-stuffed meatloaf, and the results are mouthwatering! Juicy, with a crisp outer skin, and a satisfying egg surprise inside. We can't get enough of this recipe. See all the steps below.



Ingredients

- 5 small eggs
- 500g regular beef mince
- 1 cup wholemeal fresh breadcrumbs
- 1 small onion, grated
- 2 cloves garlic, crushed
- 1 carrot, grated (150g)
- ⅓ cup shredded parmesan, plus extra for garnish (45g)
- ½ cup finely chopped parsley, plus extra for garnish
- ⅓ cup smokey barbecue sauce
- Mixed salad leaves and medley cherry tomatoes, to serve

Method

1. Place four eggs into a medium saucepan. Cover with cold water and bring to the boil. Boil for 3 minutes (because eggs are small). Drain and cool in cold water until completely cold. Peel and set aside.
2. Combine mince, breadcrumbs, onion, garlic, carrot, parmesan, parsley, 1 tablespoon sauce and remaining egg. Season with salt and pepper. Mix well with clean hands until thoroughly combined.
3. Divide mixture evenly to create four large balls. Make an opening and stuff one boiled egg into the centre of each meatloaf. Reshape the balls into loaf shapes.
4. Place loaves into an oiled air fryer basket. Cook at 180C for 10 minutes. Spoon barbecue sauce over the top of each loaf and cook at 180C for a further 8 minutes, or until the mince is cooked through.
5. Serve with salad leaves and tomatoes.

Notes

- Use small eggs for centre of meatloaves as large eggs can cause the loaf to split open.
- Alternately, meatloaves can be cooked in an 200C (fan-forced) oven for 15 minutes. Glaze and return to the oven for a further 10 minutes.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
300g	2030kJ 485kcal	42.8g	21.5g	9.2g	26.9g	13.8g	624mg	4.9g
Vitamin D								
8.4µg								

All nutrition values are per serve.