

## **Turkey and quinoa meatloaf**

- 2 cups of cooked quinoa (cook according to instructions on pack)
- 750g minced turkey
- 1 onion, diced
- 2 garlic cloves, crushed
- Egg whites
- Ground black pepper
- Handful chopped flat leaf parsley
- 1 carrot, diced
- 1 celery stick, diced
- 1 yellow pepper, diced
- 1 teaspoon Coconut oil for frying

Preheat the oven to 190°C.

Melt the coconut oil in a pan and gently fry off the onion, celery, pepper and carrots. Once softened, add the garlic gloves and fry off for one more minute. Leave to cool.

Once cooled, place the vegetable mix into a large bowl with the turkey mince, parsley, cooked quinoa, egg whites and the ground black pepper. Transfer the mix into a loaf tin and cook for 45 mins.

I find it's best to leave this to settle for 10 mins after taking this out of the oven. It slices easier. This is also delicious cold with some homemade pickle and a side salad.