



## VEGETABLE AND CHICKEN LOAF

### ALLERGIES:

No grains  
No dairy  
No gluten  
No nuts  
Low disaccharides

**Prep time:** 15 mins

**Cook time:** 60 mins

**Serves:** 4



### INGREDIENTS

- 1kg chicken mince
- 1-2 cloves garlic, crushed
- 2 tbsp chives, chopped
- ½ tsp smoked paprika
- 1 medium zucchini, cut into long strips.
- 1 cup broccoli florets
- 1 stick celery, finely diced
- 1 medium tomato, sliced
- 2 eggs mixed with 1 tbsp water
- ½ cup baby spinach leaves, roughly chopped
- salt and pepper to taste

### METHOD

- Preset oven to 180°C (350°F).
- In a loaf tin, press ⅓ of chicken mince firmly in the base.
- Spread garlic on mince, and then sprinkle with paprika and chives.
- On top press zucchini strips into the mince.
- Press another ⅓ mince over the top and flatten.
- Sprinkle celery over the top, broccoli florets, then sliced tomato and spinach leaves.
- Pour beaten eggs over and top with the last ⅓ of mince.
- Press firmly, and scatter some finely chopped tomato over the top (optional).
- Bake in oven for 60 minutes.
- Cool for 10 minutes before cutting.
- Slice and eat hot, or save for a cold meal later.