

INSTANT POT RECIPE

Pork & Apple Meatloaf



Preparation **30 minutes**

Cooking **30 minutes**

Serves **6 people**

1150 calories

Ingredients

- 2 pounds minced (ground) pork and veal
- 1 ½ cup (150g) breadcrumbs
- 1/2 cup milk
- 2 eggs
- 3 teaspoons fennel seeds
- 1 medium green apple grated
- 1 onion grated
- 2 cloves garlic crushed
- ½ cup freshly chopped flatleaf parsley
- 1 teaspoon sea salt flakes
- 1/2 teaspoon cracked pepper
- 2 tablespoons barbecue sauce
- 1 cup beef stock

Topping

- 2 tablespoons barbecue sauce
- 1 tablespoon olive oil
- 1 onion thinly sliced
- 1 large red capsicum (bell pepper) thinly sliced
- 1 tablespoon brown sugar
- 1 tablespoon balsamic vinegar

Method

1. Put all the ingredients except barbeque sauce and beef stock in a pot or steel bowl and mix well to form a loaf shape
2. Put the formed meatloaf on a sheet of baking paper cut to size on the trivet

3. Into the instant pot bowl pour in the beef stock
4. On the trivet using the handles lower the meatloaf on the backing paper into the instant pot bowl
5. Paint or place the barbeque sauce onto the meatloaf.
6. Put on the lid and set the pressure to high and set the timer 35 minutes and also allow 10 minutes of natural pressure release.
7. After the meatloaf is cooked and spread the remaining barbeque sauce on the top of the meatloaf.
8. Make the topping while the meatloaf is cooking
9. Heat oil in a frypan over medium heat and add the onions and sweat them for about 10 minutes until they change color.
10. As the onion starts to cook add in the capsicum (they cook much quicker than onions) and continue to cook
11. Add the brown sugar and balsamic vinegar and stir to ensure all the sugar has dissolved.
12. Now put the meatloaf on a plate and cover the top with the onion capsicum topping mix and you are ready to serve.

Tips

You can also serve the meatloaf with mashed potatoes, pasta, or even french fries. You can also dress with wilted spinach.

The excess meatloaf can also be frozen