

Vegetarian mushroom meatloaf with an arugula balsamic salad

Recette pour 4

Description

We've approached this vege version of the meatloaf, the same way we did with a traditional recipe but with even more packed flavors!

L'idée déco

Make sure not to cook it too much, as for this recipe and the same goes for an original meatloaf, when it's dry, it is boring! Ketchup on top at the very last moment before putting it into the oven will prevent it a little bit from drying out.

Ingrédients

Vegetarian meatloaf

- 125 Gr Sourdough bread
- 250 Ml Almond milk
- 1 Unit(s) Onion
- 125 Gr Button mushrooms
- 100 Gr Shiitake mushroom
- 250 Ml Ketchup
- 3 Leaf(ves) Sage
- 2 Sprig(s) Thyme
- 1 Tbsp Oregano
- 2 Clove(s) Chopped garlic
- 105 Gr Walnuts
- 45 Gr Instant oats
- 2 Unit(s) Egg
- 1 Unit(s) Lemon

- Salt and pepper
- Olive oil

Arugula salad

- 4 Handful(s) Arugula leaves
- 25 Ml Balsamic vinegar
- 50 Ml Olive oil
- 1 Unit(s) Lemon zests

- Salt and pepper
- Olive oil

Préparations

Temps de préparation **80 mins**

Préchauffez votre Oven à 375 F°

Mise-en-place

Peel and mince the onion. Chop the garlic.

Do the same with the mushrooms right after cleaning them.

Roughly crush the nuts.

Zest everything out of the lemon (with a microplane, if possible).

Vegetarian meatloaf

In a bowl, cover the bread slices with almond milk and let them sink in for a good 15mins. Afterwards, squeeze the maximum of almond milk out of the bread and make small 2cm chunks out of them.

In a cast iron pan, if possible, with vegetable oil, colour the mushrooms and the minced onion until there is a slight coloration. Make sure the mix is very dry before proceeding.

Put half of the ketchup in with the aromatics in, the sage, the thyme, the oregano and the chopped garlic whilst the cooking keeps on going on medium heat to bring all the flavors together.

Throw everything in a bowl and let the mixture cool down. Add in the bread, the crushed nuts and the oatmeal.

Put salt & pepper to taste, the lemon zest and juice and blend everything together whether with your hands or a wooden spoon.

Into a cake mold, pour all of the mixture and make sure it is very full. Brush it all with what's left of the ketchup.

Cook it in the oven for an hour at 375F. Then before serving it, make sure to reserve 15-20mins

Arugula salad

Put all the ingredients altogether, 5 mins before serving so all the flavors blend as a whole.

Montage

Cut a nice medium slice of vegetarian meatloaf in a round plate, with the arugula salad on the top with maximum volume. Grape some lemon zest all over. Voilà.

Bon appétit!