

# Belgian meat loaf with the thermomix

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5 min	5 min 45 min	5 min 45 min 50 min	5 min 45 min 50 min 2/10
5 min 45 min 50 min 2/10 8	5 min 45 min 50 min 2/10 8 7	5 min 45 min 50 min 2/10 8 7 15	

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### 5 min 45 min 50 min 2/10 8 7 15

300G of sausage meat  
300G of chopped beef  
15G of butter  
1 shallot  
1 egg  
1 pinch of salt  
1 pinch of pepper  
1 bit of nutmeg

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**<span itemprop="recipeIngredient">300G of sausage meat<br/></span><span i**

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Peel the shallots, put in the thermomix bowl and set 7 seconds on vitesse 7.

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Add sausage, beef and set 45 seconds on the reversed speed 3.

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Put the egg, salt, pepper, nutmeg and set 30 seconds on speed 4 reversed function.

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Preheat oven to 180°C.

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Remove the meat from the bowl of the thermomix, form a bread (put water on your hands so the meat does not stick to your hands).

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Brush the meat with butter.

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Bake 45 minutes.

Eat when it's cooked, it's a real treat