



## Chicken and mushroom meatloaf

Serves: 6

1 1/2 cup walnuts, chopped  
2 tbs olive oil  
1 brown onion, grated  
2 garlic cloves, crushed  
300g button mushrooms,  
chopped  
750g chicken mince  
1 1/2 cups fresh  
breadcrumbs  
1 1/2 cup flat-leaf parsley,  
finely chopped  
1 egg  
salt and ground black pepper  
3/4 cup fruit chutney

1. Preheat oven to 180oC. Lightly grease a 7cm deep, 10 x 20cm loaf pan. Place walnuts into non-stick frying pan over high heat. Cook, tossing for 5 minutes until toasted. Remove to a board to cool.
2. Add the oil, onion and garlic to the frying pan. Reduce heat to medium heat. Cook for 3 minutes until soft. Add mushrooms, increase heat to high and cook 4 minutes until mushrooms are soft and all moisture evaporated. Set aside to cool.
3. Combine the mushrooms mixture, chicken mince, breadcrumbs, parsley, egg, salt and pepper and walnuts in a large bowl. Mix until well combined. Spoon the mixture into the greased pan. Use your hands to press down firmly and smooth the surface. Bake for 40–45 minutes or until light golden and cooked through.
4. Set aside in the pan for 10 minutes before transferring to a rack. Brush top with 1 tbs chutney. Slice and serve warm or cold with remaining chutney.