

Recipe of the Month: Apple Meatloaf Cupcakes



Ingredients (Cupcakes):

250 g minced chicken
250 g minced beef
200 g minced pork
1 large granny smith apple, peeled, cored and finely grated
1 egg
5 Tbsp quick-cooking oats
3 spring onions, finely chopped
4 cloves garlic, finely minced
1½ tbsp finely minced fresh sage leaves
1 Tbsp finely minced fresh rosemary leaves
2 Tbsp light soy sauce
¾ tsp salt, or to taste
¾ tsp black pepper

Ingredients (Frosting):

3 russet potatoes
90 g sour cream
1 Tbsp butter
Salt and pepper, to taste

Directions:

- 1) Preheat oven to 180°C. Line deep silicone or foil cupcake moulds with a double layer of cupcake paper liners.
- 2) Combine all cupcake ingredients in a large bowl and fold everything together until well mixed. Divide between cupcake liners, mounding each one full (mixture will shrink during cooking). Bake for 45 to 50 minutes, until cooked through.
- 3) Make frosting. Peel potatoes, cut into large dice and steam over high heat until cooked through. Mash potatoes with sour cream, butter, salt and pepper, then press through a sieve to get out all the lumps.
- 4) Transfer mash to a piping bag fitted with a star tube and pipe large swirls on top of cupcakes. Serve hot.

Prep Time:
30 mins

Cook Time:
50 mins

Makes:
7 cupcakes