



Chicken, carrot and spinach loaf

Tasty addition to the lunchbox, or as a super easy dinner. Serves 6. Per serve: Cal: 133; Fat: 5.4g; Pro: 16.8g; Carbs: 2.9g

Serves: 6, Prep time: 00:05, Cook time: 00:20

Instructions

Preheat oven to 180 degrees, and line a loaf tin with baking paper or use a silicone loaf.

Squeeze liquid out of the spinach when thawed, and put into a bowl. Grate the carrot and add to the bowl with chicken mince, spice, salt and egg. Use hands to mix properly and mince and vegetables are well distributed.

Transfer to the dish and bake for around 18-25 minutes or until done (depends on your oven strength).

Ingredients

- 200 grams Spinach, frozen, thawed
- 1 Carrot
- 500 grams Chicken mince (preferably free range)
- 1 Eggs
- 1 tablespoon Ras el hanout
- 1 teaspoon Salt, Himalayan