

Harissa Meatloaf

September 23rd, 2025

This recipe serves: 12

Prep Time: 00:30

Cook Time: 00:30

What can you do with leftover Harissa Sauce? These single-serving Meatloafs replace the typical ketchup with a more flavorful Harissa Sauce for the perfect quasi-Moroccan Meatloaf.

Ingredients:

Meatloaf

- 1 Teaspoon Olive Oil
- 1/2 Cup (3 ounces) Onion, finely chopped
- 1/2 Cup (2 ounces) Carrot, shredded
- 1/2 Cup (2 ounces) Zucchini, shredded
- 1 Teaspoon Dried Oregano
- 2 Garlic Cloves, minced
- 2 Large Eggs
- 1 Cup leftover Harissa Sauce, divided
- 1/4 Teaspoon Black Pepper, freshly ground
- 1 lb Ground Beef, extra lean

Vegetables

- 1 Teaspoon Olive Oil
- 12 oz Pearl Onions
- 1 Teaspoon Ras Al Hanout
- 12 oz Cherry Tomatoes

Side Vegetables

- 1.5 lb Moroccan Roasted Baby Potatoes
- 24 oz Sweet and Spicy Moroccan Roasted Baby Carrots
- 12 oz Pan Fried Brussels Sprouts

Directions:

Heat Olive Oil in a large nonstick skillet over medium-high heat.

Add the diced Onion, shredded Carrot, shredded Zucchini, Oregano, and Garlic.

Sauté 2 minutes or until the Vegetables are tender. Set aside to cool.

Whisk the Eggs in a large bowl.

Add the Eggs to the Onion mixture.

Add 1/2 cup Harissa Sauce, Worcestershire Sauce, and Black Pepper.

Mix together until fully integrated.

Add the Ground Beef and mix together until well combined. Do not over mix.

Coat the inside of 12 muffin cups with a light layer of Olive Oil.

Preheat oven to 350° F.

Spoon the Meat mixture evenly into the muffin cups (just over 4 ounces in each cup).

Top the Meat in each cup with 2 Teaspoons Harissa Sauce.

Bake the Meatloaf for 25 minutes or until the internal temperature of the Meat reaches 160° F.

Rest the Meat for 10 minutes.

Vegetables

Heat a teaspoon of Olive Oil in a medium saucepan, over medium-high heat.

Add the Pearl Onions to the pan.

Sweat for 2 minutes, stirring occasionally.

Season with Ras Al Hanout

Add the Tomatoes. Stir again and lid. Simmer for 2 more minutes.

Remove from the heat.

Plate 1 Meatloaf. Arrange the Vegetables on and around the Meatloaf.
Serve.