

Meatloaf Recipe

1 kg mince

1 egg

1 onion

2 tablespoons chopped parsley

2 bacon rashers (diced)

1 cup breadcrumbs

1 desert spoon curry

Salt and pepper

½ cup milk

½ cup water

Glaze

2 tablespoons brown sugar

1 tablespoon butter

1 teaspoon coffee

¾ cup tomato sauce

2 tablespoons Worcestershire

½ cup water

½ lemon juice (optional)

What to do:

Meatloaf: Combine all dry ingredients well and press into a loaf shape. Place meatloaf on a roasting tray with small sides (to hold the glaze).

Glaze: Pour half the glaze over the meat and cook in the oven 180 °C for 30 minutes. Pour over the rest of the glaze and cook for a further 30 minutes, basking occasionally.