



Bacon Wrapped Spicy Meatloaf

Servings: 4

Total Time: 2 hrs

Cooking Time: 1 hr (meatloaf)

10 mins (gravy)

Resting Time: 10 mins (to relax)

Pre-heat Oven to 180 °C

INGREDIENTS

For the Meatloaf

750g lean mince (beef, lamb or ostrich)

1 large onion, peeled & finely diced

1 green pepper, de-seeded & diced

60g fresh breadcrumbs (3 slices of bread)

2 large eggs, beaten

1 tsp salt

½ tsp white pepper

½ tsp freshly ground black pepper

1 tsp ground cumin

1 tsp coriander powder (optional)

1 tsp paprika paste (or ½ tsp powder)

1 Tbsp barbecue spice

2 tsp finely chopped garlic

1 tsp finely chopped chillies

½ tsp tabasco sauce (optional)

½ tsp minced ginger

1 Tbsp Worcester sauce

1 Tbsp tomato sauce

1 Tbsp chutney

2 Tbsp freshly chopped parsley

1 Tbsp freshly chopped coriander leaves

1 Tbsp freshly chopped thyme

250g bacon (streaky or back)

1 tsp soft butter (to coat loaf tin)

For the Gravy (using juices from the tin)

100ml water

1 Tbsp self-raising or cake flour

a few drops of gravy browning



METHOD

For the Meatloaf

In a large mixing bowl, hand mix all the meatloaf ingredients together well except for the bacon and butter.

Butter and line a non-stick oblong loaf tin (at least 22cm long) with the bacon by placing each slice across the ends and sides of the tin so that all ends overlap.

Fill the tin with the meatloaf mixture and press down firmly. Fold back the bacon slices on top of the meatloaf and cook in the oven for 1 hr.

Remove from oven and rest for 10 mins.

Slide a spatula around the loaf and pour off all the juices into a jug.

For the Gravy

If gravy is desired, pour the juices into a saucepan, whisk in the flour and heat until bubbling. While continually whisking, add water until a thickish gravy has formed and when bubbling, stir in a few drops of gravy browning to colour as desired.

Lift the loaf out onto a breadboard or platter, cut into thick slices and serve.



Use Banting Buttermilk Seed Loaf* for breadcrumbs.

As only a little flour is used to thicken the gravy, this is fine, else use ½ Tbsp arrowroot dissolved in a little water instead.

SERVING SUGGESTIONS

* Serve with a salad, or Potato Mash* or Cauli Mash*, peas & gravy.

* Warm thick slices of left-over meatloaf & top with a fried egg for breakfast.

VARIATIONS

Leave out the coriander powder and replace the coriander leaves with sage, origanum or marjoram for a less 'curryfied' version of this dish.



