



Meatloaf with BBQ Sauce



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 50 MINUTES



SERVES: 6

Ingredients

For the BBQ Sauce

- 1 cup Tomato puree
- ¼ cup Tomato ketchup
- 1/3 cup Brown sugar
- ¼ cup Worcestershire sauce
- 1 tsp Dijon mustard
- 1 tsp Horseradish
- 2 tsp Hoisin sauce
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1 ½ tbsp Apple cider vinegar

For the Meatloaf

- ¾ cup Breadcrumbs
- ¾ cup Milk
- ¼ cup BBQ sauce
- 1 large Egg
- 1 small Onion, minced
- 1 tsp salt

Method

For the BBQ sauce, place all ingredients into a small saucepan, bring to a boil then reduce the heat and simmer for 10 minutes. Set aside to add to the meatloaf mix and for serving with the finished dish.

Combine the breadcrumbs with the milk in a small jug and leave to soften while combining the remaining ingredients.

In a large mixing bowl combine the ¼ cup BBQ sauce, egg, onion and salt & pepper and whisk together. Add the mince and breadcrumb mixture to the bowl. Using clean hands, gently combine all the ingredients together until evenly mixed. Don't over mix as this could result in a tough meatloaf.

Heat your oven to CircoTherm at 160° Take a piece of foil the size of your universal tray. Cover this with a piece of baking paper. Take your meatloaf mixture and form to the approximate size and shape of a loaf of bread on the baking paper. Make the loaf a little narrower than you would like the finished dish as the meatloaf will expand slightly while cooking.

Use 2 tbsp of the reserved BBQ sauce to spread over the meatloaf. Fold the baking paper over the meatloaf, then cover with the foil. Cook for 30 minutes.

Unwrap the meatloaf and carefully tip off or wipe away any excess juices from the tray. Then use another 2 tbsp of BBQ sauce to glaze again. Change your oven function to CircoRoast at 180°C and return the meatloaf to the oven, leaving it uncovered, for a further 20 minutes. If using a meat thermometer, cook to 68°

Once cooked, remove the meatloaf from the oven, cover with foil and rest for 10 minutes.

Slice and serve with the remaining BBQ sauce on the side accompanied by creamy mash potatoes and steamed greens.

½ tsp ground black pepper

750g Beef Mince (80/20 blend)

Extra ¼ cup BBQ sauce for glazing

Notes
