

CEDAR PARK MEATLOAF



Preparation time: 10 minutes

Cooking time: 1 $\frac{1}{2}$ Hours

Total Ingredients: 12

Enough for 6 - 8 people, with leftovers for lunches.

This easy meatloaf is tasty, and in high demand for lunches the next day.

- 1kg Pork Mince
- 1kg Beef Mince
- 1 large finely diced Onion
- $\frac{3}{4}$ cup Breadcrumbs
- $\frac{1}{4}$ cup Mixed Sauces (Sweet Chilli, Tomatoe and BBQ)
- 1 tablespoon Soy Sauce
- 4 eggs
- 4 teaspoons Chicken Stock Powder
- 4 tablespoons Honey
- 2 tablespoons Basil
- 2 tablespoons Tarragon
- 2 teaspoons/cloves Garlic

Mix all together in a big bowl.

Spray a rectangular baking dish (approx 8" x 12" x 3" deep) with a non stick spray, and then add 1 cup of water. Organise alfoil into the baking dish so that the same pieces of alfoil that form the bottom will be long enough to be folded back over the top of the meatloaf to cover it entirely.

Place the mince mix on the alfoil, and using gloved hands, form the mince into a long igloo shape, with about 1" left around all sides. The height is not an issue, but best well rounded. Fold over the alfoil to cover the full meatloaf. Cook at 180C in the oven for about 1 hour, then using a knife/scissors, cut off the alfoil covering the top of the meatloaf, leaving the sides intact. Cook for a further 15-30 minutes until well browned. Best served with gravy, mashed potatoes and greens.