

MRS MCGUCKIN'S MEATLOAF

MEATLOAF INGREDIENTS:

- 80G PANKO BREADCRUMBS
- 1 BROWN ONION (*GRATED*)
- 1KG LEAN BEEF MINCE (*95:5 or 90:10*)
- 2 EGGS
- 3 GARLIC CLOVES (*MINCED*)
- 1 TBSP WORCESTERSHIRE SAUCE
- ½ CUP TOMATO KETCHUP
- FRESH PARSLEY
- 1 TBSP DRIED THYME
- 1 TBSP CAYENNE PEPPER
- 1 TBSP GROUND CUMIN
- 1 BEEF STOCK CUBE
- BLACK PEPPER

GLAZE INGREDIENTS:

- ¼ CUP TOMATO KETCHUP
- 1 TBSP APPLE CIDER VINEGAR
- 1 TSP BROWN SUGAR

METHOD:

1. Pre-heat oven to 180°C & line loaf tin with baking paper.
2. Combine all glaze ingredients into bowl, mix when & then set aside.
3. In a large mixing bowl, add in panko breadcrumbs & onion, then mix with hands until breadcrumbs have soaked up the onion.
4. Add remaining ingredients into bowl & mix well with hands.
5. Place mince mix into loaf tin & top with half of the glaze mix.
6. Cook in oven for roughly 45 minutes, then add remaining glaze.
7. Place back in oven & cook for a further 30-45 minutes.
8. Allow to rest in the loaf tin for 10 minutes prior to slicing.