

MEATLOAF WITH MUSHROOM SAUCE



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- 1.2 kg regular mince
- 1 onion
- 2 tomatoes
- 25 g Robertsons mince spice
- 2 tsp salt
- 2 tsp pepper
- 50 g chutney
- 1 large egg
- 1 tbsp bread crumbs

Mix well by hand.

Spray your bread pan with spray on cook, preheat oven to 160°C. Put mince in a mixing bowl, grate onion and fry and add to mixture, skin the tomatoes and also grate into mixture, add mince spice, salt, pepper, chutney, egg and bread crumbs, (mix with hands thoroughly) put your mixture in the pan and flatten like a loaf of bread with hands, put in oven baking with both top and bottom heat, bake for 50 minutes. Check after to see if cooked through, if not leave for another 10 minutes, once cooked leave in oven for juice to soak in for ±10 minutes.

When finished slice and serve with a gravy or in our case we served with a mushroom sauce:

Mushroom sauce:

2 packs of chopped mushrooms and fried with garlic and olive oil. (No specific measurements, just estimated), then add two 250 g fresh cream, half a cup of full cream milk, Aromat to taste (also estimated) and one pack of cream of mushroom soup, wait till thickened and serve.

Served 9 people and leftovers.

Recipe and photo: Rochelle Leigh van Rooyen