

Carne Afanada – Self-saucing meatloaf

Ingredients

- 4 slices white bread (180g), crusts removed
- ½ cup (125ml) milk
- 1 large red capsicum (350g), chopped finely
- 1 large brown onion (200g), chopped finely
- 500g beef mince
- 250g sausage mince
- 1.4 cup (60ml) Barbecue sauce
- 1 egg, lightly beaten
- ¼ cup finely chopped flat-leaf parsley
- 400g can diced tomatoes
- 125g cherry tomatoes, halved.
- ½ cup *Green Banana Flour* – adds healthy bulk to meat mince dishes

Method

1. Preheat oven to 200°C (180°C fan-forced). Line shallow ovenproof dish with baking paper
2. Combine bread and milk in a medium bowl; stand for 2 minutes then squeeze to remove excess milk. Discard milk. *(Here I added the Green Banana Flour.)*
3. Place bread, capsicum, onion, minces, sauce, egg and parsley in a large bowl. Mix thoroughly.
4. Using a loaf pan as a mould, press mince firmly in pan. Turn out meatloaf into prepared dish. Spoon combined tomatoes over the meatloaf.
5. Bake uncovered about 1 hour or until cooked through.
6. Serve with mash, if you like.

Goes well with a tangy sauce mix of tomato and Worcestershire.