Cajun Meatloaf Serves 6

1P 1LE

* 1 medium onion chopped
* 1 stalk celery chopped
* ½ green pepper chopped
* 2 spring onions chopped
* 1 clove garlic
* 2 bay leaves
* 3 tbsp olive oil
* 50ml milk
* 2 tbsp tomato puree
* 500g lean minced beef
* 2 eggs
* Pinch salt

The spices – add more or less to suit your taste remember this is meant to be spicy

* ½ tsp cayenne pepper
* ½ tsp black pepper
* ¼ tsp cumin
* ¼ tsp nutmeg
* 1 tbsp Worcestershire sauce
* ¼ tsp hot chilli sauce of choice.
1. Preheat the oven to 190c (if you are cooking now)
2. Mix the onion, celery, green pepper spring onions, garlic bay leaves and the spices in a medium sized bowl
3. Heat 1tbsp olive oil in a large pan over a moderate heat and the veggie spice mixture and cook uncovered for approx 6 mins until the onions and peppers have softened – stirring all the time
4. Remove from the heat and throw away the bay leaves, stir in milk tomato puree and bread crumbs
5. in a large bowl combine the beef, eggs and bread crumb mix
6. pack the meat into a greased 9 x5” loaf tin
7. **AT THIS POINT YOU CAN COVER THE PAN TIGHTLY WITH FOIL AND LEAVE IN FRIDGE FOR LATER OR YOU CAN FREEZE IT**
8. Bake the meatloaf uncovered for 50-55mins until it is dark brown and pulling away from the sides of the pan