FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Cajun Pork Meatloaf with BBQ Glaze



Serves	Prep Time	Cooking	Total Time	Calories
4 people		**1 hour in oven**		**434 kcal**

Stuff that's in it:

• 1Tbsp Parsley (Fresh)

• 75G 10% Fat Minced Pork

• 2 Cloves Garlic (Chopped)

• 1 Egg

• 1 Onion (Grated)

• 1 Tbsp Cajun Spices

• 50G Panko Bread Crumbs

• Pinch Salt And Pepper (To Taste)

• BBQ Glaze

• 1 Tbsp Apple Cider Vinegar

• 2 Tbsp Dark Soy

• 2 Garlic Cloves (Minced)

• 2 Tbsp Honey

• 85G Tomato Sauce

• 2 Tsp Sweet Paprika

• Pinch Salt To Taste

What you do:

In a large mixing bowl , add the mince pork, fresh parsley , garlic cloves, egg, onion, cajun spices, breadcrumbs and add a pinch of salt and pepper to season. Mix into a ball with your hands until evenly combined. Press into a firm ball and shape into a rectangle to fit your tin loaf.

Spray your loaf with oil to grease, or line with baking paper, add your meatloaf and then make the glaze.

In a small bowl add the apple cider vinegar, soy sauce, garlic, honey tomato sauce, paprika and add salt to season, mix well with a fork and then use a brush to pour the glaze over the meat loaf and use a brush to evenly distribute all over the loaf.

Place into the oven for 40 minutes ,then carefully remove and brush around the edges so the glaze doesn't overcook over the edges and cook for a further 20 minutes until cooked all the way through , the core temperature should be 70c +

Serve with mixed vegetables and\or sweet potato

Nutrition

• Carbs: 18g

• Fat: 20g

• Protein: 40g

• Fibre: 4g

• Saturated Fat: 7g

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