

45 minutes

Serves 4

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 1/2 cup (125ml) olive oil
- 1 onion, finely chopped
- 2 cloves garlic, chopped
- 3cm knob ginger, chopped
- 1/2 cup (125ml) fresh breadcrumbs
- 1 egg, whisked
- 2 Tbsp (30ml) curry powder
- 2 tsp (10ml) garam masala
- 1 tsp (5ml) ground cardamom
- 1 tsp (5ml) ground turmeric
- 3 Tbsp (45ml) chutney + extra for serving
- 1/2 cup (125ml) sultanas
- 1 large apple, grated
- 1 red chilli, chopped
- 500g lean beef mince (or a combination of beef and ostrich mince)
- Salt and milled pepper

Yellow rice

- 1 cup (250ml) basmati rice
- 1 tsp (5ml) ground turmeric
- Salt, to taste
- 1/2 cup (125ml) raisins

For serving:

- Toasted flaked almonds
- Steamed green beans
- Handful fresh coriander

Method

1. Preheat oven to 180°C.
2. Line a baking tray with baking paper.
3. Heat oil in a pan and sauté onion, garlic and ginger until soft. Cool.
4. Mix onion with remaining ingredients.
5. Shape meat into an oval and place on baking tray.
6. Bake for 30 minutes or until cooked through.
7. Place rice and turmeric in a pot of salted water and cook according to packet instructions.
8. Drain and stir in raisins.
9. Brush meatloaf with extra chutney and garnish with almonds and coriander.
10. Serve with rice and green beans on the side.