

AUNTY RUTH'S MEATLOAF

500 grams mince
500 grams sausage meat
1 cup breadcrumbs
1 tablespoon parsley (chopped)
1 egg
2 onions
1 desertspoon curry powder
salt and pepper
1/2 cup of milk
1/2 cup of water

*Combine altogether and shape then place into a roasting dish

SAUCE

1/2 cup water
1/4 cup worcester sauce
2 tablespoons vinegar
1/2 cup tomato sauce
1/4 cup brown sugar
1 teaspoon instant coffee
25 grams butter
2 tablespoons lemon juice

*Combine all in a pot, bring to the boil and simmer for 5 minutes. Pour over meatloaf and bake for 1 1/2 hours at 180 degrees.

