

Orange-Ginger-Meatloaf

A meatloaf is originally a European dish. This variation is seasoned with a curry mixture, orange zest and chili.

Preparation time: **20 min** + Baking time: **40 min** = **Total time: 1h**

- 4 onions
- 2 tb. olive oil
- 2 chili
- 1 bunch of parsley
- 3 zwieback (or other type of rusk)
- ½ orange zest
- 2 tb. Orange Curry mixture
- 500g minced meat (pork or beef)
- 1 egg
- 1½ ts. salt
- black pepper
- olive oil



Simple Steps to Succeed

1. Peel and mince the onions. Remove the seeds of the chili, finely chop.
2. Chop up the parsley, put it into a bowl.
3. Put the zwieback into a plastic bag, then crumble with a rolling pin. Add to the bowl.
4. Brown the onions in a frying pan using the olive oil. Add curry mixture and chili, let it fry for a minute, then add to the bowl.
5. Add orange zest, minced meat, egg, salt and some pepper to the bowl.
6. Preheat the oven to 225°C.
7. Knead (by hand) to a homogenous dough.
8. Coat a ovenproof baking dish with olive oil.
9. Form the dough to a loaf. Put it on the dish.
10. Bake for 40 minutes.

Serve with flatbread and white cabbage curry salad. As a sauce either use the salad sauce of the White Cabbage Curry Salad or a spicy tomato sauce.

Source: Matthaei, Bettina. *CURRY*. Weil der Stadt: FONA Verlag AG, 2009. Adjusted by Valentin Anklin