

# Masala Meatloaf (Indian Style Meatloaf)

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-fried-egg-bread-recipe>

## Ingredients:

- 1 pound chicken ground lean
- 1 pound lean ground pork
- 5 slices bread I used whole grain
- 1/2 cup milk to soak bread
- 1 tablespoon dried parsley or fresh
- 2 tablespoons garam masala
- 1/2 teaspoon ground turmeric
- 1/2 tablespoon ground cumin
- red chili flakes to taste
- 2 eggs
- 1 tablespoon ginger grated
- 1 tablespoon garlic grated
- 1 tablespoon mint leaves minced
- 15 curry leaves minced
- 2 large carrots grated, see note
- 1 onion medium, minced, see note
- 2 stalks celery minced, see note
- 3 green chilies seeded and minced, see note
- 1 bunch scallions sliced
- 2/3 cup peppers jarred pimiento, or minced bell pepper
- mango chutney to glaze top of meatloaf (I recommend Patak brand)

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 250 milligrams
4. Fat: 14 grams

5. Fiber: 11 grams
  6. Protein: 59 grams
  7. SaturatedFat: 4 grams
  8. Sodium: 490 milligrams
  9. Sugar: 19 grams
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