

South African Meatloaf

Yield: 9 min

Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-meatloaf-recipe>

Ingredients:

- 3 slices white bread crusts removed, roughly chopped or pulled into small pieces
- 1 cup low fat milk
- 1 tablespoon curry powder
- 1 teaspoon coriander
- 1 teaspoon ginger
- 1/2 teaspoon thyme
- 2 teaspoons turmeric
- 1 teaspoon cinnamon
- 1 pinch cayenne pepper
- 2 tablespoons cooking oil
- 2 onions halved and thinly sliced, about 4 cups
- 4 garlic cloves minced, about 4 teaspoons
- 1 pound ground lamb
- 1 pound ground beef
- 1 medium carrots large or 2, grated, about 1 cup
- 1 Granny Smith apple peeled, cored, and grated
- 1/3 cup golden raisins optional
- 3 tablespoons apricot preserves
- 2 tablespoons lemon juice 1 lemon
- 1 teaspoon salt
- 1/2 teaspoon fresh ground pepper
- 5 bay leaves
- 1 1/2 cups buttermilk
- 3 eggs
- 1/2 teaspoon salt
- 1 pinch pepper
- toasted slivered almonds topping, optional

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 145 milligrams
4. Fat: 26 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 10 grams
8. Sodium: 590 milligrams
9. Sugar: 13 grams
10. TransFat: 0.5 grams

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