

THAI MEATLOAF

4 persons / 311 kcal per slice

Ingredients:

- 2 spring onions
- 2 slices white bread
- 25 ml semi-skimmed milk
- ½ medium sized egg
- 1 tablespoon Panang red curry paste
- ¼ teaspoon salt
- 450 grams natural minced chicken

Preparation:

Preheat the oven to 180°C. Line the cake tin with baking paper. Cut the spring onion into thin rings. Cut the crusts off the bread and soak the sandwiches in the milk. Squeeze well and mix with the spring onion, egg, curry paste and salt through the minced chicken. Divide the minced meat over the cake tin and let it cook in the oven for about 40 minutes.

Variation Tip:

Eat the rest of the meatloaf the next day with baguette and lettuce.

Nutritional value per portion:

Energy:	311 kcal
Protein:	43.5 grams
Carbohydrates:	21.5 grams
- including sugars:	2.4 grams
Fat:	39.9 grams
Fiber:	0.6 grams
Salt:	1.5 grams

