



## INGREDIENTS

- 1 large onion finely diced
- 1 pepper diced
- 1 medium carrot peeled and diced

800gms mince (we used half beef, half pork)

- 1 clove garlic peeled and crushed
- 1 teaspoon bbq rub
- 2tbs worcestershire sauce
- 100gms stale bread crumbs
- salt and pepper
- 2 eggs, lightly beaten
- 150gms cheese

100mls bbq sauce, we used texas chipolte this time from our freinds at red dog



## Meatloaf



## Method

- **1.** Put all the ingredients (only half the cheese) in a bowl and mix well together.
- **2.** Shape into a rectangle and place in a disposable roasting tin.
- Use the handle of a wooden spoon to make some diagonal indents into the top of the meat loaf
- 4. Pour over half the sauce.
- Set the bbq for indirect (delfector plates in on Kamado) and get the temp up to around 180c
- 6. Cook for an hour or so, checking the internal temp of the meatloaf hits 74c
- **%** Sprinkle the remainder of the cheese and cook until it's is melted.
- 8. Slice it up and serve with the remainder of the sauce
- S. We like to reheat this in a frying pan the next day by cooking some onions, adding some gravy and a little bbq sauce

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