



Venison Meatloaf



Meatloaf Ingredients

- 500g minced venison
- 75g oats
- 1 medium onion, very finely chopped
- 1 egg
- 115g ketchup
- 1 tbsp Worcestershire sauce (if you have it)
- 0.5 tsp salt
- 0.5 tsp pepper

Sauce Ingredients

- 1 tsp garlic granules
- 150g ketchup
- 2 tbsp brown or white sugar
- 1 tbsp vinegar
- 1 tbsp Worcestershire sauce (if you have it)

PREP TIME: 10 MINS

COOKING TIME: 50-60 MINUTES

SERVES: 4-6 PEOPLE

SUITABLE FOR HOME FREEZING

How to make it

Pre-heat oven to 180 degrees.

Put all the meatloaf ingredients into a bowl and squeeze the mixture through your hands until well combined.

Place the mixture into a loaf pan and shape to look like a loaf of bread. Cook on the middle shelf of the oven for 50 mins.

Check after 25 mins, if it's browning too quickly cover with foil.

For the sauce

Add all the sauce ingredients to a pan and bring to the boil, whisking constantly.

Remove the meatloaf from the oven and pour over the sauce and pop back in the oven for 10 mins.

Serve thickly sliced with baked or mashed potatoes and vegetables or a salad or serve Greek style with minted yogurt, salad and chips.