

## **Asian Style Chicken Meatloaf**

### **Ingredients**

#### **Meatloaf**

500g ground chicken  
600g chicken sausages (removed from skins)  
1/2 cup panko bread crumbs  
1 egg  
1 tablespoon fresh ginger, grated or  
1 1/2 teaspoons ground ginger  
3 garlic cloves, chopped  
1/4 cup soy sauce prefer low sodium  
1/2 cup spring onion, chopped  
1/2 cup water chestnuts, chopped, drained  
1/4 teaspoon salt  
1/4 teaspoon ground pepper

#### **For Glaze**

1/3 cup barbecue sauce  
1/3 cup ketchup  
1 tablespoon soy sauce  
1 teaspoon fresh ginger, grated or  
1 1/2 teaspoon ground ginger  
1 tablespoon brown sugar

### **Instructions**

Preheat oven to 180 degrees. Spray a loaf pan with non-stick spray.

Combine all meatloaf ingredients in a large bowl. (Excluding glaze ingredients).

Add to prepared loaf pan.

Combine your glaze ingredients in a small bowl Pour over uncooked meatloaf and spread evenly.

Bake at 180 degrees for about 50 minutes or until internal temperature reaches 74 degrees.

Let cool for 10 minutes before removing from pan.