



Recipe for

# Emubutido/ Meatloaf

NAME OF DISH

## INGREDIENTS

A.) 454 GRAMS  
GROUND CHICKEN

1 TSP SALT

1 TSP PEPPER

1 TSP GARLIC

1 TSP GINGER

1/4 CUP BELL PEPPER

1/4 CUP RAISINS

1/4 CUP SMALL

DICED CARROTS

1/4 CUP DICED

GREEN ONION

B. )1 egg ( whisk)

1 /2 cup Bread crumb

1/4 cup milk

C.)For filling inside:

Sausages (cut into  
thin long slices)

Boil eggs (cut into  
thin long slices)

Cheddar cheese  
slices

Pickle (thin slices)

Optional:

1 tsp olive oil

1 tsp copped green  
chilli

1 tsp coriander

## DIRECTIONS

1.Combine all ingredients in letter A.

2.In a separate bowl combine all ingredients in letter B.

3. Next, combine both A and B ingredients in one bowl.

4. You may add the optional ingredients if you wish.

5. Take your aluminium foil and lay it on any flat surface/ board.

6. Take a sufficient amount of chicken combination then flatten it on the aluminium foil

7. On the top of you chicken, place horizontally 2 or 3 pieces of thin slice sausages, boil egg, and cheese

8. Slowly roll the foil around the chicken ( like a shape of a roller), and continue till you reach the end. Twist both sides of the foil to close it.

9. Use a steamer at medium heat for 30 to 40 minutes.

10. You may know it is done when you prick with a toothpick and comes back clean.

11. Finally, let it stay cool and enjoy!