

Easy Mince Ideas



Ingredients

- 500g lean beef mince
- 2 tsp unsaturated oil
- 1 small onion, chopped
- 1 medium carrot, diced 1 stick celery, diced
- 1 clove garlic, crushed, optional
- 1 tbsp Worcestershire sauce
- 1 tbsp no added salt tomato paste
- 3/4 cup water or no added salt stock

Heat a nonstick pan, add the oil and fry the onion, carrot and celery for a few minutes, then add the garlic if using and fry until fragrant and soft. Add the beef mince and brown, breaking up the clumps of meat with the edge of wooden spoon so that the meat cooks in

fine pieces. Add the water or stock, tomato paste and oyster or Worcestershire sauce. Bring to the boil, turn the heat to low and simmer, covered for about 20 minutes to let the flavours develop.

6 Serves

Variations

Easy Mince = curry

Add curry powder or curry paste to taste to a serve of Easy Mince, along with a handful of tinned, rinsed chickpeas and a handful of frozen green peas or spinach. Before serving squeeze some fresh lemon juice over the top. Serve with steamed basmati rice, a dollop of natural yoghurt, fresh coriander leaves and chutney.

Easy Mince = stuffed capsicum

Mix a serve of Easy Mince with about the same amount of leftover cooked brown rice and a few sliced black olives. Cut the top from a red capsicum and scoop out the seeds and white membrane. Stuff with the Easy Mince mixture and bake for 45 minutes in a moderate oven, or until the capsicum is soft.

Easy Mince = pasta bake

Add a tin of no added salt tomatoes to a serve of Easy Mince and cook to combine the flavours. Cook wholemeal penne pasta for half the time recommended on the pack, then drain, mix with the sauce, pile into a casserole dish, Top with grated cheese and bake until the top is golden and crispy. Serve with a salad.

Easy Mince = Mexican tacos

To a serve of Easy Mince add half a tin of drained kidney beans, half a teaspoon of paprika and chilli to taste. Cook for 10 minutes to allow the flavors to mix. Serve in a warm tortilla with shredded iceberg lettuce, slices of avocado and diced tomato.

Easy Mince = Beef and sweet potato pie

Peel and boil a potato and half a sweet potato. Mash with a little unsaturated margarine and hot milk and season to taste. Pile a serve of Easy Mince into an ovenproof dish and top with the mash. Dot with little pieces of unsaturated margarine and bake until golden on top and hot all the way through.

Easy Mince = Lunch special

Heat a serve of Easy Mince and add a teaspoon of Dijon mustard. Serve on toast and scatter chopped fresh parsley over the top.