



SAVORY MINCE (SERVES 4)

INGREDIENTS

1 teaspoon oil (not provided)

1 onion (finely chopped)

500g beef mince

400g can diced tomatoes

420g canned peas and carrots (drained)

2 tablespoons mixed herbs

Salt & pepper to taste (not provided)

UTENSILS

Large saucepan

Wooden spoon

Ladle

Chopping board

Knife

Tablespoon



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OPTIONS

To add extra serves of vegetables to your meal you could finely chop/grate and add the following;

- 1 carrot
- 1 zucchini

Can add garlic to taste.

METHOD

1. Heat oil in a large saucepan. Add chopped onion and cook on medium heat for 4 to 5 minutes or until soft.
2. Add beef mince and cook on medium heat until brown (this should take around 4 to 5 minutes).
3. Add tomatoes, peas and carrots, mixed herbs and any optional vegetables. Let simmer for around 20 minutes on low heat until the mixture thickens.
4. Once cooked serve on baked potatoes, toast or rice.



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FOR MORE INFORMATION

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