

Mince



Buy

'Lean' or 'prime' mince are usually lower fat choices.

Store

Store mince covered in the refrigerator.

Prepare



Place the mince in the frying pan.



Cook the mince until brown.



Drain the fat from the pan and throw away.

Tip Place a little oil in the frying pan and heat before adding the mince.

Cook

Can be:



Bolognese sauce



Meatloaf



Meatballs



Stew



Cottage pie

(serves 4)

Ingredients

4 potatoes, peeled and chopped
½ cup milk
1 tablespoon oil
1 onion, finely chopped
2 carrots, finely chopped or grated
500 grams beef mince
1 cup chopped mushrooms
2 courgettes, finely chopped or grated
1 can chopped tomatoes or 4 tomatoes, chopped
½ cup water
2 tablespoons tomato sauce
¼ cup grated cheese (optional)
Parsley for garnishing

Method



1 Boil the potatoes until soft. Drain and add the milk, then mash.



2 Heat oil, onions and carrots in a pan. Cook for 5 – 10 minutes. Add the mince and brown.



3 Add mushrooms, courgettes, tomatoes, water and tomato sauce. Mix and simmer for 20 – 25 minutes.



4 Place mince mixture in a baking dish. Spread potato over the top, sprinkle with cheese. Bake at 200°C for 20 – 30 minutes.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes