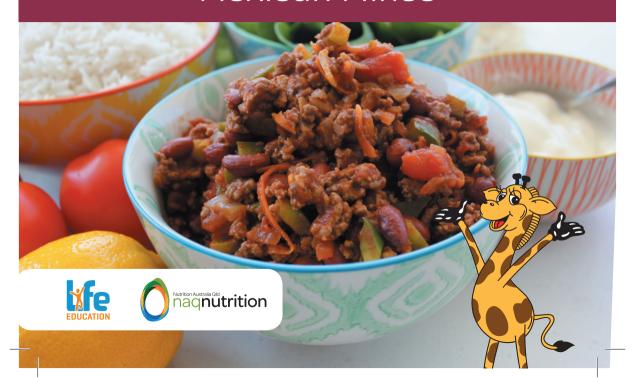
Mexican Mince



Mexican Mince

SERVES 6

INGREDIENTS

- · 1 tablespoon olive oil
- · 1 brown onion, diced
- · 2 cloves garlic, finely chopped
- · 500g lean beef mince
- · 2 teaspoons cumin powder
- · 2 teaspoons smoked paprika
- · 1 carrot, grated
- · 1 green capsicum, finely chopped
- 400g kidney beans, rinsed and drained
- 400g tinned crushed tomatoes
- · 2 tablespoons tomato paste
- · 125ml salt reduced beef stock

METHOD

- 1. Heat oil in a large frypan on a medium heat
- 2. Fry onion and garlic for 5 minutes until softened.
- 3. Add mince and stir until meat cooks through.
- 4. Add cumin, smoked paprika, carrot, capsicum and kidney beans.
- 5. Add the crushed tomatoes, tomato paste and stock.
- 6. Simmer gently for 20 minutes, until the liquid is reduced.
- Serve with basmati rice, and a dollop of mashed avocado or plain yoghurt.



RECIPE NOTES

- Use this mince in a wholemeal wrap as a burrito, as a topping for jacket potatoes or a savoury mince toastie.
- Cooked mince can be frozen and defrosted for use in another meal.
- Adding legumes like kidney beans or lentils to mince dishes is a great way to increase the amount of fibre and nutrients in a meal.
- Smoked paprika and cumin give a traditional Mexican flavour without the added salts and preservatives of commercial taco seasoning.

Allergen notes: dairy & egg free Gluten free option

Choose gluten free stock