

Mexican Mince



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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.
7. 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