

# SAVOURY MINCE

Savoury Mince is an easy go to recipe that doesn't take long to make.

You can use any fresh or frozen vegetables you have on hand.

Have it on it's own or add rice or mash potato.

Can be frozen to eat at a later date.



## INGREDIENTS

- 500 grams Minced meat
- 2 Cups Frozen Vegetables
- 1 large onion
- 2 Cloves mashed Garlic
- Gravy Powder or Mix
- Other Fresh Vegetables (your choice)
- 1 Cup Rice
- Salt & Pepper



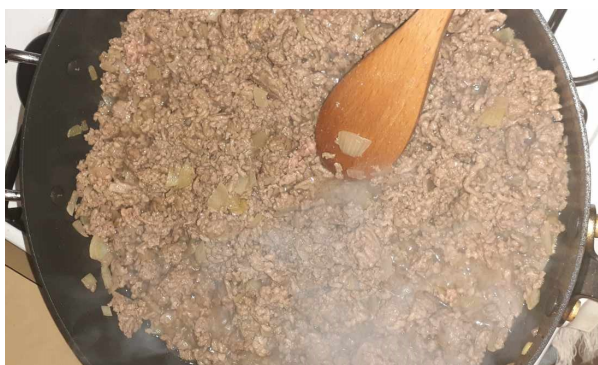
## METHOD

1. Wash , Peel and Chop the Garlic and any fresh Vegetables you plan to use in your dish. (We are adding fresh Cabbage and Sno Peas).

*You can buy and use minced garlic in a jar which is just as good as fresh.*



2. Finely chop the onion & Garlic and add to a hot frying pan with a small amount of oil. Cook until brown.



3. Add Mince Meat and cook until it has browned (and separated). If it releases a lot of liquid you can drain it off.



4. Add your frozen vegetables, they will thaw and cook in the mix. Stir through regularly.

## METHOD Continued

5. Make a gravy mix, in this we used an onion gravy powder but you can use a regular gravy powder or if you are using chicken mince you can add a chicken gravy mix.

Follow the directions on the gravy pack, and add to your frying pan, it will thicken as it cooks.



6. Add your fresh Vegetables and continue to cook for another 5—10 minutes. Stirring and mixing regularly.

Add salt and pepper to taste (Gravy mix is already quite salty you may not need to add more)

7. Cook your rice, following the directions on the packet.

Rice is easy to cook - on a stove top use 2 cups of water with 1 cup of rice. Bring it to a boil, turn the stove down and let it simmer. Stir it regularly until there is no liquid and it is cooked through (taste it to check). Add a little more water if not fully cooked through



Once ready, serve with your rice (or mashed potato)

Left overs can be refrigerated and re-heated the next day or you can freeze it to have another day.