

Savoury Mince

Serves: 4

Prep time: 10 minutes

Cook time: 30 minutes



1½ serves per portion

Ingredients

1 tablespoon extra virgin olive oil

1 large onion, diced

500g lean beef mince

1 cup mixed cubed vegetables, frozen (carrot, peas, corn)

½ head cabbage, shredded

1 tablespoon curry powder, salt reduced

2 tablespoons long grain rice

¾ cup chicken stock, salt reduced

Method

HEAT a pan on medium heat and add oil once hot.

FRY onion until softened, about 5 minutes.

ADD in mince and cook for a further 2-3 minutes.

STIR in frozen vegetables, cabbage, curry powder, rice and chicken stock.

SIMMER on medium to low heat for 10 minutes or until rice and cabbage are cooked through.

SERVE on wholegrain bread or pasta.



Everyday Food

Recipe courtesy of the Country Kitchens team