

## Recipe 10 – Mince ‘N’ Tatties

This version for 4-6 people, depending on the amount of Minced Beef.

Prep – 10 mins\*    Cooking – 50 mins\*

\*The quoted times are an estimated and may vary based upon your experience & chosen ingredients.

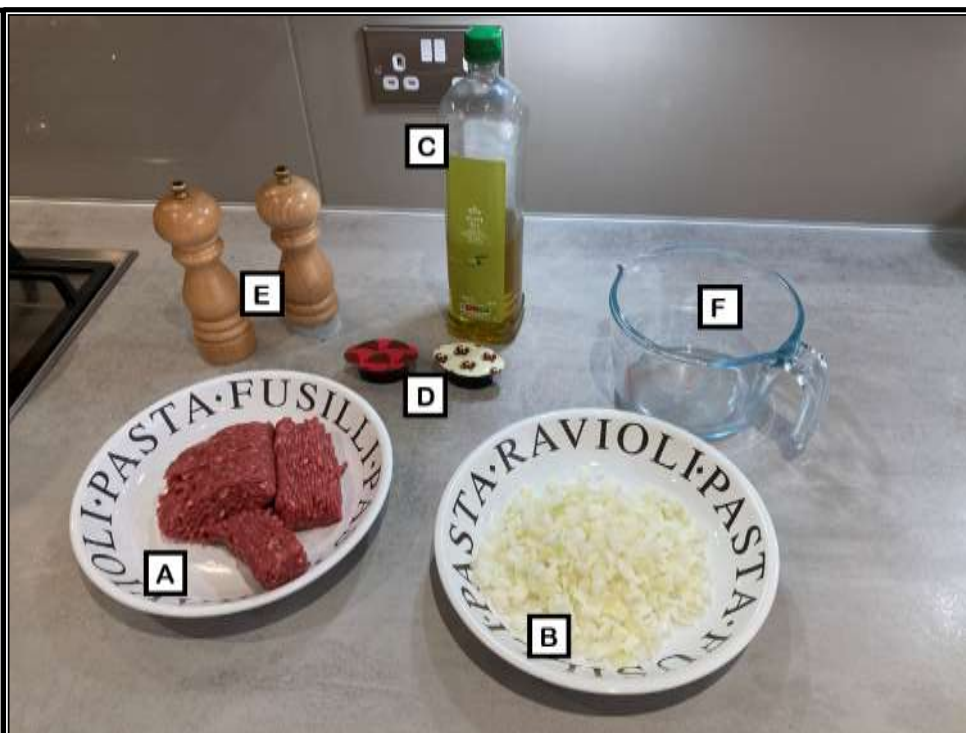
### Ingredients

- A. 500g Mince (5% fat if possible)
- B. 1 onion diced
- C. 1 tbsp Olive Oil (or veg oil)
- D. 1 stock pot & 1 gravy pot
- E. Salt & Pepper
- F. Hot water approx. 750 ml (depending amounts instructed by stock pot labels)

Serve with–

Potatoes – mashed or boiled

Green veg – Green Beans, sugar snap peas, Peas etc.



### Method

1. Heat the oil on a medium heat in a heavy based pan (preferably non-stick) and add the onions. Cook for 5-10 mins or until soft & translucent.



2. Once cooked transfer the onions to a side dish.



3. Keeping on a medium heat add the Mince and cook through until all the mince is browned, using a fork to break up the mince. This will take approx. 10 mins. You can strain of any excess fat you see in the bottom of your pan.



4. Now add back in the Onions and stir through. Season lightly with Salt & Pepper (you can always add more later).



5. Have your stock pots ready mixed in boiling water.



6. Add about half of your stock at this point and simmer for approx. 30 mins checking every 5 mins or so and topping up with your stock as required. You may not use all your stock but this will depend how thick or thin you like your gravy.



7. Serve with your preferred potato & green veg. (you can mop up any extra gravy with some bread).



## Hints & Alternatives

### Hints –

- This dish can be made in advance & heated up when required.
- You can buy ready-made mash potato in most supermarkets.
- Rather than stock pots you can use gravy granules (Bisto, Oxo etc) or Cubes (Oxo) or any supermarket own brand equivalent.

### Alternates –

You can use this mince as a base for other dishes –

By adding some cooked diced carrots to the mince, you can then spread the mix in the bottom of a baking dish and top with mashed potato, then cook in the oven at 160°C for approx. 30-40 mins for a Cottage Pie.