

# Basic Mince

This recipe can be used as the base for a range of recipes; you can make spaghetti bolognese, lasagne, cottage pie, jacket potato (with savoury mince), chilli con carne, savoury mince pie and curry. The difference is what you add to the basic recipe and what you serve with it. See our suggestions at the end.



Celery, milk and wheat (gluten)\*

## Nutritional information per portion (225g):

Energy 840kJ 200kcal 10%	<b>Fat</b> 11g 16%	<b>Saturates</b> 3.6g 18%	<b>Sugars</b> 3.8g 4%	<b>Salt</b> 0.57g 10%
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of an adult's reference intake.

Typical values per 100g: energy 373kJ/89kcal.

## Equipment

Chopping board  
Sharp knife  
Garlic press  
Measuring spoons  
Medium saucepan  
Large spoon  
Can opener  
Pan stand



## Ingredients

### Serves 4

1 onion	½ x 5ml spoon mixed dried herbs OR oregano
1 clove garlic	1 x reduced-salt beef stock cube
1 x 15ml spoon vegetable oil	Black pepper (optional)
400g lean minced beef	
1 x 400g can chopped tomatoes	

\* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

# Step 1

Peel the onion and chop finely.



# Step 2

Peel and crush the garlic.



# Step 3

Put the oil into the saucepan and heat, add the minced beef and break it up with a large spoon.



#### Skills used include:

Measuring, chopping, crushing, mixing/combining, boiling/simmering and frying.

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## Step 4

When the minced beef is beginning to turn brown add the onions and garlic. Stir well and cook for 5 minutes. The meat will be brown and the onion will be soft.



## Step 5

Add the tomatoes and herbs, stir well. Add  $\frac{1}{2}$  a can of water, crumble in the stock cube, bring to the boil then turn down the heat and simmer (small bubbles) for 30 minutes. Stir every 5 minutes and add more water if it gets too dry.



## Step 6

Add black pepper (if using) and stir well. Serve in your favourite way.



# Optional Ingredients

Try the optional ingredients below to make a range of different dishes, or you could even add some new ingredients and invent your own dish. For a meat free version, substitute the mince for 400g of Quorn™. Use a reduced-salt vegetable stock cube and up to 100ml water as necessary.

## Additional Instructions

<b>Savoury mince</b> – Add 2 sticks of celery and 2 carrots, 100g of frozen peas or sweetcorn.	Wash, peel and chop the carrots and celery into small pieces. Add in at step 4. Add the peas or sweetcorn 15 minutes before serving. Serve with a jacket potato.
<b>Bolognese sauce</b> – Add 100g of mushrooms and 1 x 15ml tomato purée.	Wipe the mushrooms to remove dirt and chop. Add in at step 5. Serve with cooked pasta and grated cheese.
<b>Chilli con carne</b> – Add 1 x 15ml spoon of paprika, 1 x 5ml spoon of chilli powder, 1 red pepper and 1 x 400g can of red kidney beans.	Add the paprika and chilli at step 5. Cut the pepper into small pieces, drain and rinse the beans and add both to the mince mixture 15 minutes before the end of the cooking time. Serve with a jacket potato or rice.
<b>Mince curry</b> – Add 1 x 5ml spoon of curry powder, 2 x 15ml spoons of mango chutney, 1 potato, 1 eating apple and 50g of sultanas.	Peel and cut the potato and apple into cubes. Add the potato at step 4 with the curry powder and stir well. Add the apple, sultanas and mango chutney at step 5. Serve with rice.
<b>Shepherd's pie</b> – Replace beef mince with lamb mince and add mashed potato to the top.	Follow the savoury mince recipe.
<b>Cottage pie</b> – Add mashed potato to the top of the savoury mince.	Bake for 30 minutes until bubbling and brown on top.

## Prepare now, eat later

You can keep the mince in the fridge for up to 2 days or freeze in single portions.