

MINCE TRAY BAKE

Serves 4 Per serve: Cal: 341; Fat: 16.3g; Pro: 33.0g; Carbs: 12.8g, Fibre: 4g

INGREDIENTS

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- 400 grams Pumpkin
- 1 Red onion
- 500 grams lean mince beef
- 2 tablespoon Mexican Spice
- 2 teaspoon Ground cumin
- 2 teaspoon Dried oregano
- 1 teaspoon Salt
- 1 tablespoon Extra virgin olive oil
- 2 cups Cabbage, Red
- 2 cups Cabbage, Green

DIRECTIONS

Preheat oven to 200 degrees and line a baking tray with baking paper.

Cut the pumpkin up into small bite sized chunks and add to tray, spreading evenly. Cut the onion and spread onto the tray.

Take the mince and drop in small amounts on to the tray, spreading evenly between the vegetables.

Sprinkle the spice, cumin, oregano and the salt.

Add the olive oil and use a spoon to mix together.

Pop in the oven for around 5 minutes, then bring out and stir the ingredients, breaking the mince up. Put back in for another 10 or so minutes.

Bring the tray out, add the cabbage, mixing it into the other ingredients and put back into the oven for another 10 or so minutes until the pumpkin is cooked through.

Remove and serve, either alongside a salad (such as on top of shredded lettuce, carrot, sliced cucumber) or on cauliflower mash.