

### **Savoury Beef Mince**

6 servings. Ready in 30 min.

#### Ingredients

Lean Beef Mince, 800 grams (800 g)  
Beef Stock (powder or cube), 2 cube (10 g)  
Frozen mixed vegetables, 1 portion(s) (200 g)  
Tomato, Canned, 1 can (400 g)  
Spinach, 2 cups (58 g)  
Onion, Fresh, 1 onion (108 g)  
Turmeric, 1 tsp (2 g)  
Paprika, 1 teaspoon (2 g)  
Garlic, 2 garlic clove (8 g)  
Salt, sea, 1 pinch (0 g)  
Black Pepper, 1 Pinch (3 g)  
Olive Oil, 2 tablespoon (30 g)

#### Instructions/Preparation

Heat oil in saucepan over medium heat. Add Onion (finely diced) and Garlic (minced), fry for 2-3 minutes until the onions soften. Add beef mince and cook for a further 3 mins until mince has browned. Add tomatoes, stock powder, frozen veggies and spinach. Combine well and cook for a further 2-3 minutes. Add spices, salt & pepper and cook for 10-15 mins covered over low heat until the sauce reduces (stirring regularly).

For meal prep - split into 6 equal portions ready to add other elements.

For main meal/family meal - serve with rice, salad or vegetables, or top with mashed potato (or sweet potato) and cheese and bake in the oven for 10 mins, for a delicious shepherds pie!

#### Extra comments/notes

You can replace beef mince for any other type of mince (e.g pork, turkey, chicken, kangaroo)



<b>Food</b>	<b>Energy/srv</b>	<b>Protein/srv</b>	<b>Fat/srv</b>	<b>Carbs/srv</b>
Lean Beef Mince, 800 grams (800 g)	172 kcal	30.5 g	5.5 g	0 g
Beef Stock (powder or cube), 2 cube (10 g)	3.6 kcal	0.2 g	0.2 g	0.4 g
Frozen mixed vegetables, 1 portion(s) (200 g)	24 kcal	1.1 g	0.2 g	4.5 g
Tomato, Canned, 1 can (400 g)	16 kcal	0.8 g	0.2 g	3.5 g
Spinach, 2 cups (58 g)	2.2 kcal	0.3 g	0 g	0.4 g
Onion, Fresh, 1 onion (108 g)	7.2 kcal	0.2 g	0 g	1.7 g
Turmeric, 1 tsp (2 g)	1 kcal	0 g	0 g	0.2 g
Paprika, 1 teaspoon (2 g)	0.9 kcal	0 g	0 g	0.2 g
Garlic, 2 garlic clove (8 g)	2 kcal	0.1 g	0 g	0.4 g
Salt, sea, 1 pinch (0 g)	0 kcal	0 g	0 g	0 g
Black Pepper, 1 Pinch (3 g)	1.3 kcal	0 g	0 g	0.3 g
Olive Oil, 2 tablespoon (30 g)	44.2 kcal	0 g	5 g	0 g
<b>TOTAL</b>	<b>274.43 kcal</b>	<b>33.32 g</b>	<b>11.12 g</b>	<b>11.6 g</b>

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.