



SAVOURY MINCE

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time 20-30 mins

Serves: 4-6



INGREDIENTS

- 1 tbsp olive oil
- 1 large onion, finely chopped
- 500g mince (beef or turkey)
- 3 tbsp instant gravy mix GF
- 2 tsp mixed herbs
- 3 tbsp tomato paste
- 2 tbsp Worcestershire sauce GF
- 2 cups stock or water
- 2 cups frozen pea, carrot and corn mix
- salt and pepper to taste

METHOD

- Heat oil in large pan, over medium heat.
- Add onion and cook for 3-5 minutes until soft.
- Increase the heat and add the mince, breaking it up and stirring.
- Once mince is well browned, add all other ingredients.
- Simmer slowly stirring occasionally, for 20 minutes, or until reduced to preferred consistency.
- Serve with mashed potatoes and garnish with fried shallots.