

# Savoury Mince Recipe

This is my savoury beef mince recipe. I serve the mince with rice, pasta, nachos, lettuce, potato spuds, mashed potato or wrapped in rice paper.

## Ingredients:

1 tablespoon olive oil

500 grams of beef mince

1 onion

2 teaspoon garlic

1 teaspoon chili (optional)

2 teaspoons coriander

1/2 teaspoon cumin

2 tablespoons soy sauce

2 tablespoons tomato sauce

2 carrots, grated

1/2 cup frozen peas

1/2 cup frozen corn.

## Method:

1. Add oil to fry pan.
2. Add onion, garlic, chili and coriander and cumin. Cook for 1 minutes.
3. Add mince and brown.
4. Add soy sauce and tomato sauce and mix.
5. Add grated carrot, peas and corn and stir through.
6. Add a little water if required.