



HEALTHY SAVOURY MINCE



Ingredients

<ul style="list-style-type: none">• 1kg chicken mince (or beef mince)	<ul style="list-style-type: none">• 50ml oil (I use rice bran oil bu any will do)
<ul style="list-style-type: none">• 5g salt	<ul style="list-style-type: none">• ¼ tsp pepper
<ul style="list-style-type: none">✓ Heat a big, heavy-based pot on high.✓ When hot, add oil, then tip in chicken mince and stir✓ Add salt and pepper✓ Fry for about 10 minutes till nice and brown, stir well about every minute✓ It's ok if it sticks a bit, just scrape off the stuck bits with wooden spoon and stir in, add a tblsp of water if it sticks too much or a little more oil if it looks too dry. Drop the heat if it gets too hot	
<ul style="list-style-type: none">• 1kg vegetables (I use frozen mixed diced veg or mixed greens but any will do)	
<ul style="list-style-type: none">✓ Defrost in microwave for 3 min on high if using frozen veg✓ Chop fine, about 1mm pieces in food processor✓ Add to browned chicken and cook using same method fs above for another 5 min	
<ul style="list-style-type: none">• 200ml boiing water	<ul style="list-style-type: none">• 15ml soy sauce
<ul style="list-style-type: none">• 40g BBQ sauce	<ul style="list-style-type: none">• 20ml white vinegar
<ul style="list-style-type: none">• 1 pkt (35g) taco seasoning (I like Coles Mexican seasosning or Community Co taco seasoning from IGA, but theres heaps available, so experiment)	
<ul style="list-style-type: none">• 1 jar 500g) tomato pasta sauce (I like Dolmio classic tomatos but your choice)	
<ul style="list-style-type: none">✓ Drop heat to medium-low (I use number 3 of 9)✓ Add water and stir well✓ Add the rest, stir well, then cover and simmer for about half an hour, stir well every 5-10 min	
<p>Cool and store in fridge under 4 degrees. Should last about 7 days or freeze It's very versatile. Nice by itself, but good for bolognaise, burritos, nachos, tacos, lasagne etc. We've worked it out to be 1 calorie per gram Feel free to add whatever else takes your fancy</p>	