

# Mince



## Buy

'Lean' or 'prime' mince are usually lower fat choices.

## Store

Store mince covered in the refrigerator.

## Prepare



Place the mince in the frying pan.



Cook the mince until brown.



Drain the fat from the pan and throw away.

**Tip** Place a little oil in the frying pan and heat before adding the mince.

## Cook

Can be:



Bolognese sauce



Meatloaf



Meatballs



Stew



# Cottage pie

(serves 4)

## Ingredients

4 potatoes, peeled and chopped  
½ cup milk  
1 tablespoon oil  
1 onion, finely chopped  
2 carrots, finely chopped or grated  
500 grams beef mince  
1 cup chopped mushrooms  
2 courgettes, finely chopped or grated  
1 can chopped tomatoes or 4 tomatoes, chopped  
½ cup water  
2 tablespoons tomato sauce  
¼ cup grated cheese (optional)  
Parsley for garnishing

## Method



1 Boil the potatoes until soft. Drain and add the milk, then mash.



2 Heat oil, onions and carrots in a pan. Cook for 5 – 10 minutes. Add the mince and brown.



3 Add mushrooms, courgettes, tomatoes, water and tomato sauce. Mix and simmer for 20 – 25 minutes.



4 Place mince mixture in a baking dish. Spread potato over the top, sprinkle with cheese. Bake at 200°C for 20 – 30 minutes.

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