

Mince and Tatties

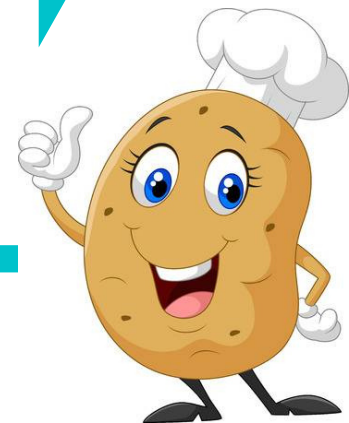
serves 4 - 5



Ingredients

- 500g lean Minced Beef
- 1 Onion
- 1 Carrot
- 1 Tablespoon Vegetable Oil
- 2 Tablespoons Plain Flour (40g)
- 1 Beef Stock Cube, Reduced Salt if possible
- 600ml Boiling Water
- 2 Tablespoons Worcestershire Sauce
- 1 Tin of peas
- 1 Pinch Ground Black Pepper
- 4 Potatoes, Medium Sized

A tasty filling family dinner. It has protein and carbohydrates that we need for energy



Method

1. Peel and chop the onion.
2. Peel and chop the potatoes
3. Wash and grate the carrot.
4. Fry the onion and carrots in the oil over a medium heat for about 5 minutes until softened.
5. Increase the heat and add the minced beef to the pan and fry until it is well browned (8-10 minutes).
6. Reduce the heat and sprinkle the flour over the meat and vegetables and stir for a couple of minutes to cook the flour.
7. Dissolve the stock cube in the water then add the stock, Worcestershire sauce and pepper to the pan. Stir until the sauce comes to the boil and starts to thicken.
8. Put a lid on the pan and and simmer for about 30 minutes until everything is tender, adding more water if needed
9. Meanwhile, cook the potatoes in boiling water for 20-25 minutes until soft.
10. When the mince has around 5 minutes cooking time left drain and add the peas
11. Use a potato masher or fork and mash the potatoes until smooth.
12. Serve with the mince.