

INGREDIENTS

1 tbsp oil
1 onion, finely diced
2 cloves garlic, crushed
500g beef mince
Mushrooms, diced
1 tbsp worcestershire sauce
2 tbsp tomato paste
1 cup beef stock
Salt and pepper, to taste

INSTRUCTIONS

- 1) Heat oil in a pan over medium heat. Add onion and cook until soft.
- 2) Add garlic and cook for 1 minute.
- 3) Add mince and brown well, breaking up any lumps.
- 4) Add Worcestershire sauce.
- 5) Stir in tomato paste and cook for 2 minutes.
- 6) Add stock, season with salt and pepper, and simmer for 10-15 minutes until reduced.



Base Mince Recipe



4 servings



15 Minutes

This versatile base mince recipe is the perfect starting point for a variety of delicious dishes. Get creative and enjoy every bite!

Mexican Tostadas & Salsa



2 servings



10 Minutes

INGREDIENTS

- 1 tbsp cumin
- 1 tbsp paprika
- 1 tsp chilli powder
- 1 tsp dried oregano
- 1 cup canned tomatoes
- 1 cup black or kidney beans
- 1 red onion
- 1 avocado
- 1 pack crispy tortilla shells
- Lettuce, (shredded)
- 1 bunch coriander

INSTRUCTIONS

- 1) Prepare the salsa and guacamole.
- 2) Heat the beans in a pan, add the spices, base mince mixture, and finely diced coriander stalks, then cook until the beans begin to break down.
- 3) Fill the tortilla shells with shredded lettuce.
- 4) Add the cooked mince and bean mixture.
- 5) Top with cheese and fresh coriander.
- 6) Spoon over the salsa.
- 7) Finish with guacamole.



Guacamole & Salsa

SALSA INSTRUCTIONS

1 tomato, (diced)
1 red onion, (diced)
1 can (100g) chipotle peppers
Salt, to taste
Coriander, (diced)
1 Chilli, (diced)

Combine all diced ingredients and mix well.

GUACAMOLE INSTRUCTIONS

1 x red onion
1 x avocado
Lime juice
Coriander
Chilli flakes
Salt to taste

Mix all diced ingredients together to get a chunky consistency.

Add an extra squeeze of lime juice if desired.

