

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!

Italian Bolognese



2 servings



15 Minutes

INGREDIENTS

1 tsp dried basil

1 tsp dried oregano

1 tsp thyme

1 can crushed tomatoes

1 garlic clove

1 chilli

1 sprig fresh basil

Salt and pepper, to taste

Optional: grated Parmesan

INSTRUCTIONS

1) Heat a little oil in a pan.

2) Add the sliced garlic and cook until fragrant.

3) Add the crushed tomatoes.

4) Stir in the fresh basil sprig and dried herbs.

5) Add the base mince mixture.

6) Add chilli if you like extra spice.

7) Place the cooked pasta in a bowl.

8) Spoon the mince mixture over the pasta.

9) Top with grated Parmesan.

10) Garnish with fresh basil leaves & drizzle with olive oil.

