



MINCE & TATTIES

Serves 4

Ingredients:

- 5 decent sized potatoes, peeled and quartered
- 2 tablespoons sunflower oil
- 1 carrot, chopped
- 1 onion, chopped
- half garlic clove, minced
- 500g beef mince
- 1 pint beef stock (or use a stock cube)
- salt and pepper and low fat spread to taste

Method:

1. Put the potatoes in a large pan, cover with cold water and put on heat to boil.
2. Meanwhile add the oil to a heavy based pan (cast iron is great for this wholesome eat),
3. Add carrot, onion and garlic. Cook for 2 minutes, stirring frequently so it doesn't colour.
4. Add the mince and cook till completely browned, then continue frying for a further 5 mins.
5. Crumble one beef stock cube over the meat and add 1 pint of water (or alternatively use pre-made beef stock).
6. Leave the pan slightly covered and simmer for 35 -45 mins. after which time you may season to your taste.
7. Drain the potatoes and roughly mash with a little low fat spread to taste.
8. Serve the mince with the hot potatoes.



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