



SAVOURY MINCE

HEAT LEVEL 

Savor the simplicity of our Savoury Mince - perfectly seasoned for a delightful and satisfying taste

25 Mins

4 Servings

INGREDIENTS

15 ml (1 Tbsp) cooking oil
250 g lean beef mince
1 small onion, finely chopped
1 clove garlic, crushed
½ green pepper, finely chopped
1 small tomato, coarsely chopped
15 ml (1 Tbsp) tomato paste
60 ml (¼ cup) Spur BBQ Sauce or Spur Peri-Peri Sauce
30 ml (2 Tbsp) fresh, chopped basil

METHOD

- 1 Heat oil in a small, heavy-based saucepan. Add mince and fry until browned. Add onion, garlic, green pepper and fresh tomato and sauté until soft.
- 2 Add tomato paste, Spur BBQ Sauce and basil.
- 3 Simmer for a few minutes and serve warm on French toast or any other bread.
- 4 Double or even triple this recipe to make a bulk cook that will last the week in other yummy guises.

VARIATIONS

None

