

Savoury mince in lettuce cups

Ingredients

Serves 2

1 tablespoon oil
200 grams beef mince
½ onion, diced
1 carrot, diced
1 stalk celery, diced
1 clove garlic, crushed
½ beef stock cube
2 teaspoons vinegar
2 (or 4) iceberg lettuce cups, washed
parsley and sliced red capsicum to garnish
(optional)

Method








1. Heat oil in large frying pan over medium heat.
2. Add mince and stir fry until brown on all sides, then remove from pan.
3. Turn down heat and add onion, carrot and celery.
4. Stir fry until soft. Remove from heat.
5. Add garlic, stock cube, vinegar and browned beef mince.
6. Stir fry for 5 minutes. Remove from heat.
7. Spoon equal amounts into lettuce cups. Garnish with parsley and capsicum (if using) and serve.

Serving suggestions

- Use mixture in a wrap.
- Serve over wholemeal toast.



Equipment

-  Cutting board and knife
-  Kitchen scales
-  Large frying pan
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Wooden spoon

Preparation and cooking skills

Brown, dice, prepare and cook raw meat, simmer, stir, stir fry.

Nutrition

- Lean beef gives our bodies protein, iron and B-vitamins which help you to grow, build strong muscles and stop you from getting sick.
- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.