# Savoury mince in lettuce cups

# **Ingredients**

#### Serves 2

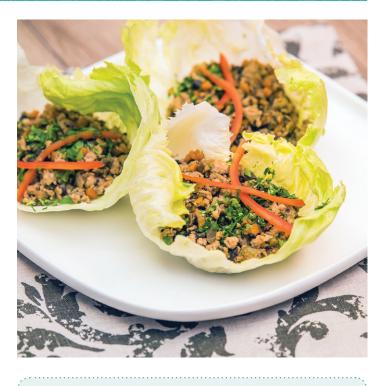
1 tablespoon oil
200 grams beef mince
½ onion, diced
1 carrot, diced
1 stalk celery, diced
1 clove garlic, crushed
½ beef stock cube
2 teaspoons vinegar
2 (or 4) iceberg lettuce cups, washed
parsley and sliced red capsicum to garnish
(optional)

#### **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.



