

Family friendly



Lean muscle mince

Serves 1

1½ tsp coconut oil

140g lean beef mince (5% fat)

½ red onion, diced

65g mushrooms, sliced

1 clove garlic, grated

2 tsp mixed herbs

2 tsp smoked paprika

1 tbsp tomato puree

1 stock cube

35g avocado

Big handful green veg (e.g. broccoli or green beans), to serve

Method

Heat the coconut oil in a large saucepan over a high heat. Add half the mince and fry for 2–3 minutes, stirring to break up the chunks and cook until nicely browned. Tip out onto a plate, then repeat with the rest of the mince.

When the meat has all been browned, wipe out your pan and heat the remaining oil over a medium to high heat. Add the onion, mushrooms and garlic and cook, stirring regularly, for about 5 minutes, until the vegetables have softened and coloured a little. Throw the mince back into the pan and add the mixed herbs, paprika, tomato puree, stock cube and enough water to make a sauce. Bring to a simmer and cook for 5–6 minutes or until the sauce has thickened.

When the mince is ready, serve with fresh avocado and your favourite steamed, blanched or boiled green vegetables.