



REDUCED CARBOHYDRATE MEAL

Lean muscle mince

INGREDIENTS (1 serving)

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FREEZABLE

- 20g (0.6oz) coconut oil
- 355g (12.5oz) ground beef mince
– under 5% fat
- 80g (2.8oz) red onion, diced
- 80g (2.8oz) mushrooms, sliced
- 1 garlic clove, grated
- 2 tsp mixed herbs
- 2 tsp smoked paprika
- 25g (0.8oz) tomato paste
- 2 tbsp BBQ sauce
- 1 stock cube
- 200g (7.1oz) green vegetables
(spinach, kale, broccoli, pea pods or green beans)
- 100g (3.4oz) avocado

This is the ultimate ‘prep like a boss’ dish – when you are stuck for a meal make sure you have big batches of this all portioned up individually ready to whack in the microwave.

METHOD

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Use half the coconut oil for this section, 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, 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, mushroom and garlic and cook, stirring regularly, for about 5 minutes – by which time the vegetables should have started to soften and color a little. Throw the mince back into the pan and add the mixed herbs, paprika, tomato paste, BBQ sauce, stock cube and enough water to make a nice sauce. Bring to a simmer and cook for 5-6 minutes or until the sauce is nice and thick.

When the mince is ready serve with fresh avocado and a portion of your favorite green vegetables steamed, blanched or boiled.