



Mince crumble

Ingredients, (2 portions):

- Beef mince, 200g/8oz
- Pepper, to taste
- Carrots, diced, 100g/4oz
- Onion, diced, 100g/4oz
- Mixed herbs, ¼tsp
- Plain flour, 15ml/1tbsp
- Beef stock,* 250ml/½pint
- Crumble mixture:
- Plain flour, 100g/4oz
- Margarine, 50g/2oz
- Mixed herbs, ¼tsp
- Pepper, to taste

Method:

1. read the **entire recipe** first then check, weigh and prepare all of **the ingredients above**.
2. heat a heavy-based pan until **fairly hot** then, **carefully**, add the beef mince and **break up** until **browned**. **Drain off the excess fat** and add the pepper, if required. Add the carrots and onions and place a lid on the top for a **few minutes** to **soften** the two, then add the mixed herbs.
3. **remove** from the heat and **cool a little** then add the plain flour and **stir to coat** the meat and vegetables. Now **slowly** add the stock **a little at a time** to mix with the flour to form a sauce around the meat. Leave on a **low simmer**.
4. to make the crumble topping, rub the margarine into the plain flour until the **crumble consistency** is achieved, then add the herbs and pepper, if required.
5. turn the meat out into an **oven proof** dish, then **sprinkle** with the crumble mixture and place in an oven, (**180°C**), for **10 – 15 minutes** until **golden** on the top.

*To minimise salt content, only use as much as you need. Usually manufacturers recommend 750ml, (¾pint), of cold water to every stock cube, eg. 375ml = ½ cube. This is a healthier and more economical practice. If possible, use cold water without the stock cube