

HEAT LEVEL 444



Savor the simplicity of our Savoury Mince - perfectly seasoned for a delightful and satisfying taste

25 Mins

4 Servings

INGREDIENTS

15 ml (1 Tbsp) cooking oil 250 g lean beef mince 1 small onion, finely chopped 1 clove garlic, crushed ½ green pepper, finely chopped 1 small tomato, coarsely chopped 15 ml (1 Tbsp) tomato paste 60 ml (¼ cup) Spur BBQ Sauce or Spur Peri-Peri Sauce

3 ml (½ tsp) Spur Texas Steak Spice 30 ml (2 Tbsp) fresh, chopped basil

METHOD

- Heat oil in a small, heavy-based saucepan. Add mince and fry until browned. Add onion, garlic, green pepper and fresh tomato and sauté until soft.
- Add tomato paste, Spur BBQ Sauce, Spur Texas Steak Spice and basil.
- Simmer for a few minutes and serve warm on French toast or any other
- Double or even triple this recipe to make a bulk cook that will last the week in other yummy guises.

VARIATIONS

None