

SAVOURY MINCE



SAVOURY MINCE

Vinnige heerlike ete om te maak wanneer die tyd min is.

- 1 onion, diced
- 1 clove garlic, crushed
- 1 knob ginger, finely diced
- 500 g lean beef mince
- 4 tbsp Worcestershire sauce
- 2 tbsp Robertson's spice for mince
- $\frac{1}{2}$ cup frozen peas
- 3 baby marrows, in small cubes
- 1 green pepper, cut into small pieces

Heat a dash of oil in a saucepan and fry onion, green pepper, ginger and garlic for 2 minutes or until soft but not coloured.

Add mince and baby marrow and continue cooking for a further 5 minutes, until mince are brown (break up all lumps).

Add Worcestershire sauce and spice and simmer for another 5 minutes.

Serve on hot toast and a fried egg for breakfast, or with mashed potato and a green salad as a main meal.

Recipe and photo: Elize de Kock