

## Savoury Mince For One

Serves: 1

Prep time: 10 Minutes

Cooking time: 15 Minutes

### Ingredients:

- 1 tablespoon of butter
- ½ small onion finely chopped
- 1 teaspoon grated garlic
- 250g beef mince
- 1 carrot, grated
- ½ stick celery, finely chopped
- ½ teaspoon smoked paprika
- ½ teaspoon dried Italian or mixed herbs
- 4 cherry tomatoes, chopped
- 1½ tablespoons tomato sauce
- ½ teaspoon of Bonox or Vegemite
- ½ cup beef stock
- 1 tablespoon chopped parsley
- Salt and pepper
- 2 slices sourdough toast



*This is a golden oldie that satisfies the taste buds every time. Great any time of the day.*  
**Enjoy!**

### Method:

- In a medium-size bowl, add the mince, carrot, celery, paprika, herbs, tomatoes, tomato sauce and Bonox/Vegemite. Season with salt and pepper, stir to combine
- Heat the butter in a frying pan over medium-high heat, add the onion and cook for 1 minute
- Add the garlic and stir to prevent burning
- Add the mince mixture, you may need a little oil if pan is dry. Stir until meat is browned well.
- Add the stock and stir until meat is cooked and most of the stock has evaporated.
- **Serve with toast, and sprinkle with chopped parsley. Enjoy!**