



INSTRUCTION CARD - BROWNING MINCE

(SERVES 4)

INGREDIENTS:

1 teaspoon canola oil
or vegetable oil
500g lean beef mince

Additional sauces or
vegetables (as desired)

UTENSILS:

Large frying pan
Wooden spoon

OPTIONS:

- You can use any type of mince including beef, pork, chicken, turkey or lamb.

METHOD:

1. Place frying pan on the stovetop and heat on medium heat for 2 to 3 minutes. Add 1 teaspoon of oil into the pan.
2. Once the oil is hot, add mince to the frying pan. Use a wooden spoon to stir the mince and break it apart.
3. Once the mince is broken up, leave it to cook, stirring occasionally to prevent burning.
4. Leave the frying pan on the heat until the meat turns brown (there should not be any red or pink color remaining as this is a sign the meat is still raw). This process takes approximately 3 to 10 minutes.
5. Once mince is cooked, add any sauces or vegetables as desired. Distribute evenly into four bowls to serve.