

## Mexican Mince



This a high protein recipe that all the family will love and only takes a few minutes to make - perfect after a busy day

Ingredients:

(For 3-4 portions)

1 pack Quorn Mince (or 400g Beef or Turkey Mince - this will change cooking method)\*

1 pack Mexican Microwave Rice

2 Peppers - chopped

1 or 2 Red Onions - chopped

2 or 3 Carrots - chopped small

Tin of Chopped Tomatoes or  $\frac{2}{3}$  Carton of Passata (about 400g)

1 or 2 teaspoons Easy Ginger and Garlic (can use fresh, finely chopped)

2 teaspoons of Virgin Oil or Coconut Oil

Vegetable Stock

Seasoning to taste - Salt, Pepper, Bouillon etc

1. Lightly brown the peppers and onions in a little oil (olive or coconut oil) with the Lazy Garlic, then add the carrots and continue to cook for a few minutes
2. Add the chopped tomatoes or passata, stock and seasoning
3. Stir in the Quorn Mince and Mexican Rice and simmer for a few minutes
4. Serve and enjoy!

\*If using Beef or Turkey Mince this should be cooked first and the vegetables and tomatoes etc added afterwards