

2 SERVES

RUSTIC VEGGIE MINCE BOWL

20 MIN
PREPARATION
TIME

25 MIN
COOKING TIME

Ingredients:

- Spray of canola or olive oil
- 1 clove garlic, crushed
- 1 large onion, finely sliced
- 400g lean topside mince
- 1 beef stock cube
- 1 bay leaf
- 1 tsp fresh thyme or 1/2 tsp dried thyme
- 1 tsp fresh tarragon or 1/2 tsp dried tarragon
- 1 tbsp parsley, finely chopped
- 1 tbsp spring onions or chives, finely chopped
- 1/2 cup uncooked brown or basmati rice (100g)
- 1 & 1/3 cup water
- 1 Tbsp tomato paste
- 1 to 2 cups cabbage (or wombok), finely shredded
- 2 carrots, shredded

Directions:

Heat oil in a large nonstick skillet over low heat. Sauté garlic and onion until fragrant and golden. Add the minced meat and cook, stirring, until browned. Drain any excess fat, then return the meat to the pan. Season with a beef stock cube, bay leaf, thyme, tarragon, parsley, and chives. Stir in the rice, water, and tomato paste. Lower the heat, cover, and let simmer gently for 30 minutes.



TIP: If the rice hasn't fully cooked when the water is absorbed, simply add a bit more water and continue simmering. Meanwhile, have the cabbage and carrot ready. Once the rice is done, stir them in and cook briefly, just enough to combine and lightly soften. Serve right away.

Enjoy!