

CRUNCH TIME

International Mince



Serve Information: 3 Plates

INGREDIENTS - BASIC MINCE:

20ml olive oil
1 onion, chopped
1 garlic clove
300g beef mince
Salt
Pepper

INGREDIENTS - ITALIAN SPAGHETTI BOLOGNESE:

1/2 tsp mixed Italian herbs
100g crushed tomatoes
150g spaghetti, cooked
1 tsp parmesan cheese
5 parsley leaves

INGREDIENTS - MEXICAN NACHOS:

1/2 tsp mild paprika
100g crushed tomatoes
50g three beans, drained
100g corn chips
50g guacamole
50g sour cream
50g shredded tasty cheese

INGREDIENTS - THAI BEEF:

Small ginger piece, grated
1 shallot, chopped
1/2 lime, juiced
1 tbsp sweet chilli sauce
1 tbsp fish sauce
5 Thai basil leaves
5 coriander leaves
100g jasmine rice, cooked

EQUIPMENT:

Large pot
3 medium saucepans
Chopping board
Sharp knife
4 x wooden spoons
Garlic crusher
Grater
Lemon squeezer
3 serving plates/ bowls
Several different sized spoons



METHOD:

BASIC MINCE

1. To make the basic mince, in a large pot, saute the onions in oil
2. Use a garlic crusher to crush the garlic clove and add to the pot
3. Add the beef mince, salt and pepper and cook, stirring occasionally. Divide basic mince into three portions

BOLOGNESE

1. With the first basic mince portion, add the mixed Italian herbs and crushed tomatoes and heat through

NACHOS

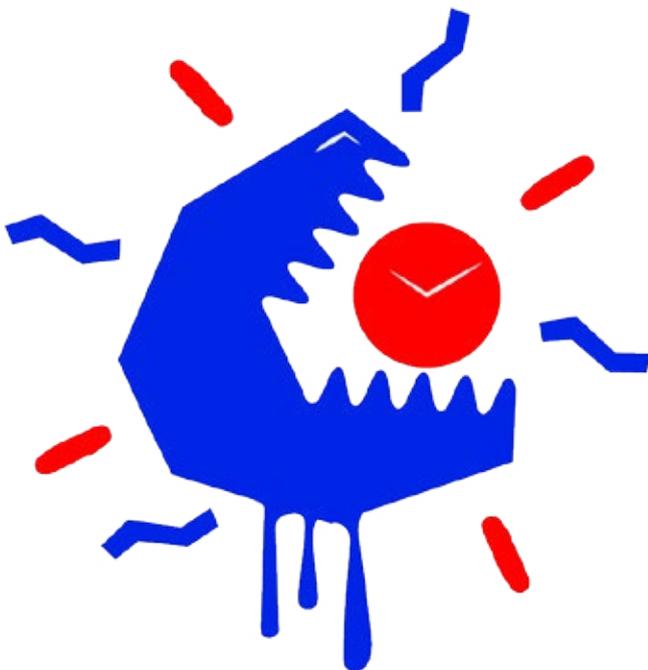
1. With the second basic mince portion, add the paprika, crushed tomatoes and beans and heat through

THAI BEEF

1. With the third basic mince portion, grate the ginger, chop the shallot and squeeze the lime juice.
2. Add the grated ginger, chopped shallots, lime juice, sweet chilli sauce, fish sauce and basil leaves to the basic mince and heat through

TO SERVE

1. Dish Bolognese over the spaghetti and sprinkle with parmesan cheese and chopped parsley
2. Dish Nachos sauce over the corn chips and top with guacamole, sour cream and tasty cheese
3. Dish Thai Beef beside the rice and garnish with coriander leaves



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