

Your

# Timing Adventures



## Savoury Mince

- 1 x Brown onion halved
- 1 Garlic Clove
- 1/2 Carrot & Zucchini
- 20g Oil
- 500g Beef Mince
- 400g Tin Diced Tomatoes
- 1/2 Tbs Vege Stock Paste
- 1/2 Tbs Tomato Paste

1. Into the TM bowl place oil, onion, garlic, carrot & zucchini and chop 3 second sp5 MC in
2. Add the simmering basket then place in the basket mince, pour over the tinned tomato, stock & tomato paste.
3. Cook for 10 minute, Varoma, Speed 2
4. Carefully remove the lid and stir the mince to break it up to the desired texture
5. Put the Lid & MC back in place and continue to cook for 10 minutes, Varoma, Speed 2
6. Pour out the simmering basket into the bowl and stir to combine. Serve with pasta or potatoes