10 delicious mince recipes for you to try

Get cooking and save £££’s with these fantastic simple recipes – tasty value meals in minutes

**Standard Beef Mince** **SERVES 2-3** Brown 440g Beef Mince in a heavy pan until nicely coloured, remove and leave aside. Braise 1 chopped Onion in the mince juices until soft and caramelised. Chop together 2 Cloves Garlic, 1 Chilli, 1 Red Pepper and Herbs of your choice. Return along with the beef mince to the pan, season with Salt and Pepper. Add 400g chopped Tomatoes and simmer for about 40-50 minutes. Serve with pasta, rice or potatoes.

**Crispy Mince Salad** **SERVES 2** Heat 1-2 tbsp Olive Oil in a pan until hot and add 200g Mince (pork, lamb or veal) with 1 tsp Ground Cumin, ½ tsp Chilli Flakes and 20ml Lime Juice. Fry until crispy and take off heat. Stir through 2 tbsp chopped Coriander and, to serve, mix a handful of Basil, Coriander, Parsley, Dill and Salad Leaves drizzled with Olive Oil. Place on plates and sprinkle equally with the crispy mince. Serve with nacho chips and guacamole sauce.

**BBQ Beef & Prune Patties** **SERVES 4-6** Mix 6 ready-to-eat Dried Prunes (stoned and chopped) with 440g Beef Mince, 2 tbsp chopped Parsley, 1 tsp Ground Nutmeg, 2 pinches Red Chilli powder, 1 pinch Salt and 1 Egg. Mould the mixture into 8-12 patties, cook over a medium heat on a barbeque or in a pan turning occasionally (be careful not to let the outside overcook before the middle is cooked all the way through). Serve with lamb’s lettuce, a squeeze of lemon juice and olive oil and place the patties on top.

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Oriental Mini Meatballs **SERVES 2-3** Combine 440g Lamb Mince, 1 chopped Onion, 1 Egg, 1 cup Breadcrumbs, 10g chopped Thyme, 10g chopped Coriander and 1 tsp Ground Cumin. Divide into approx. 20 portions and toss lightly in plain flour. Heat a little Olive Oil in a pan on a medium heat and cook for approx. 10 minutes and no longer pink inside. Serve with chopped vegetables, pasta or use as finger foods placed into pitta pockets – served with shredded lettuce and grated carrot salad.

Oven Baked Meatballs in Tomato Sauce **SERVES 2** Mix 440g Mince (beef, lamb, pork or veal) with 1 finely chopped Onion, 30g Breadcrumbs, 1 Egg and season with Salt and Pepper. Form into 8-12 balls with your hands. Mix together 600g chopped Tomatoes, 4 tbsp Water, 2 tbsp of Worcestershire Sauce, Honey, Sugar and Malt Vinegar. Drizzle Olive Oil into an ovenproof dish, place in the meatballs and cover with sauce (don’t worry about drowning the meatballs – most of the sauce gets absorbed). Place in a 220°C oven for 30-40 minutes until nicely browned. Serve with rice and sour cream.

Mince Wraps **SERVES 4-6** Heat 1 tbsp Olive Oil in a pan and braise 1 chopped Onion gently for 5-6 minutes. Add 440g Mince (beef, lamb, pork or veal) and break up with the back of a spoon until cooked thoroughly and no longer pink. Stir in 2 tbsp Tomato Purée, 400g canned Tomatoes and 10g chopped Herbs (e.g. thyme, rosemary or marjoram). Bring to the boil and simmer gently for 30 minutes until reduced and thick, but still moist. Add 425g canned Kidney Beans (or baked beans) and bring back to the boil. To serve, spread the mince mixture onto Tortillas and sprinkle with Grated Cheese (fold the bottom over the mince and roll up tightly sideways). Alternatively, you can serve the mince in mini pita pockets with grated carrot, chopped cucumber and tomato.

Pork & Liver Meatloaf **SERVES 3-4** Mix together 440g Pork Mince, 250g finely chopped Calf’s Liver, 1 chopped Onion, 2 chopped cloves of Garlic, 20-30g Breadcrumbs, 1 Egg and season with Salt and Pepper. Grease a loaf tin and line with approx. 100g Streaky Bacon, fill with the mixture and fold any ends over the top. Cover with tin foil and carefully place the loaf tin in a baking tray containing boiling water. Place in 180°C oven for 1 hour, reduce heat to 160°C and cook for a further half hour. Remove carefully from oven and leave to rest for 10 minutes. Serve with mashed potatoes and creamy mushroom sauce.

Meatballs with Walnuts & Cognac-Mustard **SERVES 3-4** Mix 440g Mince (beef, lamb, pork or veal) with 40g chopped Walnuts, 1 small chopped Onion, 1 Egg and season with Salt and Pepper. Grease a loaf tin and line with approx. 100g Streaky Bacon, fill with the mixture and fold any ends of the bacon over the top. Cover with tin foil and carefully place the loaf tin in a baking tray containing boiling water. Place in 180°C oven for 40-50 minutes and serve with grated Parmesan and spread on top of the meat. Place in 200ºC oven for 20-25 minutes. Remove carefully from oven and leave to rest for 10 minutes. Serve with fresh leaf salad and crisp baguette.

Mince Pie with Sour Cream **SERVES 2-3** Mix 440g Mince (beef, lamb, pork or veal) with 1 tsp dried Italian herb mixture, 1 chopped and braised Onion, 20-30g Breadcrumbs, 1 Egg and season with Salt and Pepper. Grease an ovenproof dish and fill with the mixture. Mix 180g Sour Cream with 1 Egg and 20g grated Parmesan and spread on top of the meat. Place in 200°C oven for 20-25 minutes. Remove carefully from oven and leave to rest for 10 minutes. Serve with fresh leaf salad and crispy baguette.

Lasagne Sicilian **SERVES 4-5** Braise 440g Lamb Mince in a heavy pan until nicely browned. Add 250g diced Vegetables (red pepper, carrots and shallots) and braise for a further 5 minutes. Add 800g chopped Tomatoes and simmer for 20 minutes. Add 1 tsp dried Oregano and season with Salt and Pepper. Separately mix 150g Ricotta with 100ml Cream. Grease an ovenproof dish and fill in layers one on top of the other, using approx. 350g precooked Lasagne sheets, the mince and the cheese mixture. Sprinkle 100g grated Parmesan and 100g Breadcrumbs over the top. Place in 180°C oven for 40-50 minutes and serve with tomato salad with basil.

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