

## Mince Cupcakes with Mashed Potato Icing

### Ingredients:

#### For the mince muffins:

- 1 Knorrox stock cube – Tomato & Onion
- 2-3 tbsp boiling water, as needed
- 2 tbsp oil
- 1 cup onion, diced
- 1 tsp garlic, crushed
- Pepper, to taste
- Salt, to taste
- ¼ cup parsley, chopped
- 1 cup bread crumbs
- ⅓ cup milk
- 1 Egg
- 500g beef mince
- 6 cubes of Cheddar Cheese (optional)
- Parsley, for garnishing

#### For the tomato sauce:

- 1 tin chopped tomato
- 1 onion, chopped
- 1 clove garlic, chopped
- 1 Knorrox stock cube – Tomato & Onion
- ½ tsp Robertsons dried origanum
- 1 cup water

#### For the mashed potatoes:

- 5 potatoes, peeled and quartered
- 2 tbsp butter
- 1 cup milk

### Method:

1. For the tomato sauce:
2. Fry the onion in a little oil until translucent then add the tinned tomato, 1 cup water and the Knorrox stock cube and origanum
3. Simmer for about 15 – 20 minutes. Season with salt and pepper to taste.

#### For the mince muffins:

1. Preheat the oven to 180 degrees. Grease 6 muffin tins.
2. Heat 1 tbsp oil in a pan and fry the onion and garlic until soft. Stir in the pepper & salt and then transfer the mixture into a large bowl.
3. Pour the breadcrumbs, milk, and parsley into a bowl.
4. Add in the eggs, beef mince.
5. In a small bowl mix 1 Knorrox stock cube with 2-3 tbsp of boiling water until a

smooth paste is formed and add this to the mince mixture

6. Mix everything together until well combined.
7. Divide the mixture into 6 equal portions. Form each portion into a ball, then flatten out. Place a cube of cheese in the centre and roll back into a ball.
8. Pat down into a greased muffin tin, filling the tin with the mixture and leaving the top domed.
9. Bake for 15-20 minutes, or until the mince is fully cooked.

For the mashed potatoes:

1. Bring a pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes; drain.
2. Warm milk and butter together until the butter is melted. Using a potato masher, slowly blend milk mixture into potatoes until smooth and creamy. Season with salt and pepper to taste. Allow to cool slightly before spooning the mashed potatoes into a piping bag.

For serving:

1. Remove muffins from tins - run a knife along the inside of each tin and use a spoon to help lift them out. Pipe the smooth mashed potatoes on top of each muffin and garnish with a bit of parsley.
2. Serve topped with the tomato sauce, crisp green beans and carrots. ENJOY!