

BEEF MINCE BREDIE

Serves 4

Hands-on time: 30 minutes

Hands-off time: 35 minutes

INGREDIENTS

¼ cup oil

1 medium onion, finely chopped

4 cloves garlic, crushed

500g lean beef mince

¾ tsp salt

2 tsp white pepper

1 tbsp dark soy sauce

5 medium carrots, peeled and chopped

3 medium potatoes, peeled and quartered

Serving suggestion:

Rice

METHOD

1. In a large non-stick pan, heat the oil over medium heat and add the onions and garlic. Gently fry for about 5 minutes until tender.
2. Add the beef mince and allow it to brown without stirring the mixture. **Chef's Tip: You know the meat is done browning once it starts to caramelize, becomes golden and develops crispy edges.*
3. Stir in the salt and pepper. Stir in the soy sauce and simmer for 10 minutes. Add 1 cup of water, and the carrots and potatoes.
4. Cover the bredie with a lid and cook for about 25 minutes until the carrots and potatoes are soft and most of the water has evaporated. **Chef's Tip: Cook the bredie for a few extra minutes if you prefer a thicker sauce.*
5. Serve the bredie alongside some rice and ENJOY!