

Less than 30 minutes

Serves 4-6

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Ingredients:

- Glug olive oil
- 500g PnP extra-lean beef mince
- 1 carrot, peeled and chopped
- 1 stalk celery, chopped
- ½ onion, chopped
- Large sprig thyme
- 1 tsp (5ml) ground coriander
- ⅓ cup (80ml) red wine or beef stock
- ⅓ cup (80ml) water
- 1 large can (400g) PnP whole peeled tomatoes, crushed
- Salt and milled pepper
- Pinch sugar (optional)
- 1 packet (1kg) PnP frozen potato wedges

For serving:

- 1 avocado, diced
- Handful fresh coriander
- ½ red onion, sliced
- 1 salad tomato, sliced
- Dollops sour cream

Method

1. Heat oil in a pan and brown meat.
2. Remove and set aside.
3. Sauté vegetables until soft.
4. Return meat to pan with the remaining ingredients. Season.
5. Cover and simmer for 1 hour (adding a bit more water if it looks dry).

6. Cook potato wedges according to packet instructions.
7. Serve wedges topped with mince and scattered with diced avocado, fresh coriander, sliced red onion, sliced tomatoes and dollops of sour cream.