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
- <sup>1</sup>/<sub>2</sub> onion, chopped
- Large sprig thyme
- 1 tsp (5ml) ground coriander
- $\frac{1}{3}$  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
- 1/2 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.