

45 minutes

Makes about 1.2KG (enough for all three recipes)

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

Spicy garlic paste:

- 3 onions, quartered
- 3 bulbs garlic, peeled
- ½ cup (125ml) olive or canola oil
- ½ cup (125ml) balsamic vinegar
- ½ cup (125ml) fish sauce (optional)
- ½ cup (125ml) soy sauce
- ½ cup (125ml) brown sugar
- 1 sachet (100g) red curry paste

Savoury mince:

- 1.5kg beef mince
- 2 Tbsp (30ml) light soy sauce or Worcestershire sauce
- ¼ cup (60ml) wholegrain mustard
- 1 cup (250ml) spicy garlic paste (recipe above)
- Handful fresh parsley, chopped
- 1 egg
- Salt and milled pepper

Method

1. Blitz onion and garlic in a food processor to a chunky paste (or finely chop, if you prefer).
2. Heat oil in a pan over medium heat and fry onion mixture for 10-15 minutes, until it starts to caramelize.

3. Add remaining paste ingredients and cook for another 10 minutes.
4. Cool completely and decant into a jar or airtight container (it will keep in the fridge for up to 2 months).
5. Combine savoury mince ingredients except egg. Season.
6. Divide into three 500g batches.
7. Add the egg to one batch of mince and shape into 6 patties (about 80g each).
8. Fry remaining mince in two batches, using a fork to break up lumps and tossing to brown all over.
9. Cool completely, then refrigerate or freeze until ready to use.
10. Be sure to defrost before using.



1. Spicy fried mince with tortillas and hummus dressing
An easy weeknight dinner that packs a punch.

Serves 4

Heat a glug of oil over medium heat. Fry 1 batch (500g) cooked real-deal savoury mince with $\frac{1}{4}$ cup (60ml) spicy garlic paste for 10-12 minutes. Toast 4 PnP multigrain tortilla wraps in a pan and halve. Combine 2 sliced spring onions, $\frac{1}{4}$ diced cucumber, a handful quartered cherry tomatoes, $\frac{1}{2}$ cup (125ml) sweetcorn kernels, and grated peel and juice (60ml) of 1 lemon. Stir through a handful chopped fresh mint and parsley. Add a drizzle of honey and red wine vinegar to taste, and season. Combine $\frac{1}{2}$ cup (125ml) each hummus, plain yoghurt, 1 Tbsp (15ml) chipotle seasoning, and juice (30ml) and grated peel of 1 lime or lemon for dressing. Season. Serve fried mince, tortillas and salad on a platter, with dressing on the side, and dig in.



2. Egg noodle stir-fry

Loaded with crunchy vegetables, it's the flavourful mince that really elevates this dish.

Serves 4-6

Heat a glug of oil in a pan over medium heat. Add 1 each shredded green and red baby cabbage, 2 carrots sliced into matchsticks, 1 pack (230g) Tasty Stem broccoli and 1 each sliced green and red pepper. Stir-fry for 10-15 minutes. Stir in 1 batch (500g) cooked real-deal savoury mince, $\frac{1}{2}$ cup (125ml) spicy garlic paste and $\frac{1}{4}$ cup (60ml) each light soy sauce and honey. Toss through 1 packet (500g) cooked egg noodles and cook for 5-8 minutes. Season and serve garnished with sliced spring onions.



3. Korean-style kimchi burgers

Spice up burger night with this Asian-inspired burger and get ready for a flavour explosion!

Makes 6 burgers

Combine 1 cup (250ml) mayonnaise and $\frac{1}{2}$ cup (125ml) sriracha sauce. Heat a glug of oil over medium heat and fry savoury-mince patties for 5-7 minutes per side until cooked

through. Fry 6 eggs to your liking. Spread spicy mayo onto toasted burger buns. Top with patties, ¼ cup (60ml) store-bought or homemade kimchi and a fried egg. Serve garnished with sesame seeds and fresh coriander.

[Browse more budget beating recipes here.](#)