



Mince pasta dish

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This one-pot-wonder is a great way of preparing a nutritious meal. It's also a great comfort food with leftovers to freeze for another night.

Ingredients:

1 Tbsp oil	¾ cup corn kernels – fresh, frozen or canned
2 onions, chopped	2 cups pasta shells
3 garlic cloves, minced	1 tsp basil
3 celery sticks, chopped	¾ cup red capsicum, chopped
1kg mince, beef	¾ cup green capsicum, chopped
100g tomato paste	lodised salt and pepper to taste
3 cups beef stock	2 tsp cornflour (optional)
3 carrots, sliced	parsley and grated Parmesan or Edam cheese garnish (optional)
2 cups broccoli florets	

Directions:

Heat the oil in a large saucepan on a medium to high heat. Brown the onions, and then the mince before adding in all of the other ingredients, with the exception of the capsicum and mix well.

Simmer the ingredients for 10 minutes before adding in the capsicums. Cook for a further 5–10 minutes or until the pasta is al dente (almost soft) and the vegetables are soft.

Add more water if needed. You want enough fluid to just cover the ingredients, allowing the pasta and vegetables to simmer and prevent the ingredients sticking to the bottom of the saucepan. If the mixture becomes too watery, combine cornflour and a small amount of cold water and add into the mince mixture. Mix well.

Serve with grated Edam or Parmesan cheese and fresh parsley.

Cook's tip:

Use different vegetables depending on the season, such as leeks in winter, and courgettes in summer, or add frozen mixed vegetables if your refrigerator is empty.