



Mince pattie makeover

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Adding extra vegetables into one of your families favourite dishes makes them more nutritious and no one will ever know.

Ingredients:

500g lean mince	¾ cup rolled oats
1 onion, finely diced	2 tsp soy sauce
2 garlic cloves, minced	¼ cup tomato sauce
2 celery sticks, finely diced	1 egg
2 carrots, grated	Iodised salt and pepper to taste
¼ cup green capsicum, finely chopped	Fresh or dried herbs, optional
¼ cup red capsicum, finely chopped	

Directions:

Preheat oven on Bake to 200°C.

Line an oven dish with tinfoil or baking paper for ease of washing up.

Mix all of the ingredients in a large bowl. Make 12 patties and place them on a draining rack over an oven dish.

Cook for 10 minutes or until the centres of the patties are brown and the juice runs clear.

Serve with a green salad and a baked potato, or make your own hamburgers.

Cook's tip:

For a different flavour, experiment by using chicken, pork, beef mince or sausage meat, or different vegetables depending on the season. Courgettes are a great addition in the summer months.