





Ingredients

1 tbsp. oil

400g minced beef

½ large onion, chopped

½ tsp ground nutmeg

1 carrot, chopped

1 celery stick, finely chopped

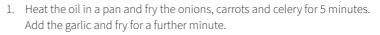
1 garlic clove, finely chopped

1 reduced salt chicken or beef stock cube with 200ml water

100ml passata

10g fresh basil

Method



- 2. Add the mince to the pan and brown, breaking it up with a wooden spoon.
- 3. Add the stock, passata, basil and nutmeg and season to taste with salt and pepper.
- 4. Allow to simmer on a low heat for about an hour, using a lid that is slightly ajar to let out the steam. Serve with pasta and garlic bread.



Nutritional Information (per portion)	
Energy (kcal)	280
Protein (g)	20.9
Potassium (mg/mmol)	455/11.4
Phosphorus (mg/mmol)	176/5.6
Sodium (mg/mmol)	397/17.1