Mince Curry

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Recipe Information

Serves: 4-6

Time to make: 30 minutes

Method

1. Wash and grate or chop all vegetables. Finely chop or crush garlic.

2. Add mince, garlic and onion to a frying pan and cook on a medium-high heat until mince has browned.

3. Add curry powder and crumble stock cube into pan. Stir to combine.

4. Add cabbage and peas and cook for 5 minutes.

5. Add carrot, zucchini and green beans and cook for 10 minutes.

6. Serve with rice.

Ingredients

500g beef mince

1 teaspoon/clove garlic

1 onion

2 tablespoons curry powder

1 beef stock cube

1/4 cabbage

2 cups frozen peas

2 carrots

1 zucchini

200g green beans

Cooked rice

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Queensland Government

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3. Add curry powder and crumbled stock cube. Stir to combine.

4. Add cabbage and peas and cook for 5 minutes.

5. Add carrot, zucchini and green beans. Cook for 10 minutes. Serve with rice.

Tips and Options
- You can also use chicken or pork.
- Use any vegetables you already have.

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