

Serves 6

Ingredients

- 1 brown onion
- 2 garlic cloves
- 2 carrots
- 2 zucchinis
- 500g lean beef mince
- 2 cans diced tomatoes, no added salt
- 1 tablespoon tomato paste, no added salt
- Olive oil spray - if required



Method

1. Dice onion. Crush garlic cloves.
2. Wash and grate carrot and zucchini, set aside.
3. Lightly spray a fry pan with olive oil, or use a non-stick fry pan. Add onion and garlic, stirring until softened.
4. Add mince to fry pan. Using a wooden spoon, break it up into small chunks. Cook for approximately five minutes or until browned all the way through.
5. Add diced tomatoes and tomato paste, stir through and reduce heat to a low. Simmer, stirring occasionally for 10 minutes.
6. Add grated carrot and zucchini and simmer for five minutes, or until vegetables are soft.

NUTRITION INFORMATION		
Servings per recipe: 6		
Average serving size: 323g		
	Per serve	Per 100g
Kilojoules (kJ)	905	281
Protein (g)	25.3	7.8
Total fat (g)	7.9	2.4
- Saturated fat (g)	2.9	0.9
Carbohydrates (g)	9.4	2.9
- Sugars (g)	8.1	2.5
Fibre (g)	4.5	1.4
Sodium (mg)	182	56

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.