

# Kids Love Mince.



And being high in iron,  
it loves them too.

# Mince Baskets

**Preparation Time:** 30 minutes

**Cooking Time:** 15 minutes

**Serves:** 4

- 350g Quality Mark beef or lamb mince
- 1 Tbsp oil
- 1 tsp mixed herbs
- 2 Tbsp tomato paste
- 1 x 420g jar pasta sauce
- 8 slices fresh bread, crusts removed
- 8 slices tomato
- ½ cup grated cheese



Heat the oil and brown the mince. Drain off excess liquid and add herbs, tomato paste and pasta sauce. Simmer gently for 20-30 minutes until thick. Line a greased muffin tin with slices of fresh bread and brush the bread cases with a little oil.

Cook for 20 minutes at 200°C, then remove from the oven and fill with some mince mixture. Top with grated cheese and a slice of tomato. Bake at 200°C for a further 10-15 minutes until golden brown. Serve with a green salad or vegetables.

## TIPS

**For younger children:** These make a savoury plate for a party.

**For older children and parents:** Add chilli beans to the mix for a bit of a bite.

## Kids Love Mince.

For children aged 1-13 years, a 100g serving of lean beef or lamb mince provides at least 20% of the average recommended daily intake of iron.