39. Mince—A Vegetable Alternative

This base mix can be adjusted and used in a number of different ways, bolognaise or spaghetti sauce, taco or sausage roll filling, & even a fried patty mix, etc.

Ingredients: -

½ cup Brown lentils ½ cup Brown rice

1 each1 stalkOnion, chopped finelyCelery, chopped finely

1 each Carrot, grated 2 teaspoons Grape seed oil Boiling water ½ teaspoon Sea salt

2 Tablespoons Fresh herbs, chopped

4 cloves Garlic crushed

1/₈ − 1/₄ teaspoon Fresh chillies, chopped

Add for making Sauces: -

1 can Tomatoes, chopped1 Tablespoon Tomato paste (heaped)

Add for making Patties: -

1 each Egg, beaten; Whole-meal flour, Olive oil

Directions for making Patties: -

- 1. Combine all ingredients and add the beaten egg, to bind the mix. If necessary, add a little whole-meal flour to absorb excess moisture.
- 2. Dip in whole-meal flour and fry in a little olive oil or grape-seed oil.)

