

Mince Risotto

2 cups basmati rice
500 gr beef mince
1 tin tomatoes
2 tbsps tomato puree
2 carrots
1 large onion
2 garlic cloves
1 red pepper
seasoning
2 vegetable stock cubes
olive oil

Finely chop or put in food processor onions, carrots and garlic. Add red pepper. Place this in a frying pan with the olive oil, cook gently until beginning to get soft, add the mince and stir well to break it up. Cook for about 10 minutes, add the tomatoes, tomato puree, seasoning, 1 stock cube and gently simmer for half an hour. Take the rice and rinse in a sieve until the rice runs clear, removing the starch. Place in a saucepan with 4 cups of water. Bring to the boil, once boiled reduce heat, stir once and place a lid on pan. Cook until all the water has evaporated. Turn off and leave with lid on. Once the mince is cooked through, add the cooked rice, bring to the boil and allow the liquid to reduce. Serve with chopped parsley.

