

HEALTHY MINCE CHART

Dish	Description	Swap	Add	Reduce
Nachos	Corn chips topped with a mince sauce and garnished with salsa and sour cream	<ul style="list-style-type: none"> • Standard mince for Premium Mince. • Sour cream for Greek yoghurt • Corn chips for grilled pita pockets that have been cut into smaller pieces • Salt for paprika or a sprinkle of chilli flakes 	<ul style="list-style-type: none"> • ½ can of either chilli beans, baked beans or red kidney beans to every 500g of mince • After browning mince add peas, corn kernels or diced carrots 	<ul style="list-style-type: none"> • Cheese topping
Lasagna	Pasta sheets with layers of sauce and fillings.	<ul style="list-style-type: none"> • Standard mince for Premium Mince. • Salt for pepper, garlic and herbs such as dried oregano or fresh basil 	<ul style="list-style-type: none"> • ½ can of either chilli beans, baked beans or red kidney beans to every 500g of mince • Layers of sliced or diced vegetables such as mushrooms, courgettes or pre-cooked kumara or pumpkin • Serve with a salad or seasonal vegetables on the side 	<ul style="list-style-type: none"> • Only use cheese sauce for the topping of the lasagna. • Half the cheddar cheese in the cheese sauce and add 2 Tbsp of parmesan cheese.
Cottage pie or shepherd's pie.	Cottage pie is made with beef mince with a crust made from mashed potato. Whereas Shepherd's pie is made using lamb mince.	<ul style="list-style-type: none"> • Standard mince for Premium Mince. • Salt for pepper or herbs such as dried oregano and thyme • Butter for margarine and standard milk for trim when making the mashed potatoes 	<ul style="list-style-type: none"> • After browning mince add peas, corn kernels or diced carrots • Sautéed leeks to the mashed potato • Serve with a salad or seasonal vegetables on the side 	<ul style="list-style-type: none"> • Cheese topping