Make more with mince

Quick, quality mince dishes to suit any budget!
The labels
you can trust

Labelling is your guarantee of the provenance, production methods and quality of the product you’re buying (from farm to plate).

Whenever you see the Scotch Beef and Scotch Lamb labels and the PGI* logo, they guarantee that these products have been reared to very high standards of animal husbandry and welfare in Scotland.

Make sure you look for the labels you can trust.

Red meat is a good source of iron, zinc and B vitamins – ideal as part of a healthy balanced diet.

More Delicious Recipes

For more delicious recipe ideas visit:
www.scotchbeefandlamb.com

*Protected Geographical Indication
Mince is the easiest, quickest and most adaptable meat to cook with; you can whip up a great family meal any day of the week or make a delicious dinner for friends.

By using quality mince that you can trust, with a few other ingredients, a delicious home cooked meal can be on the table in no time. The only problem you’ll have is deciding what to make. Everyone has their favourites but why not try something different?

The recipes featured in this booklet show just how versatile mince is; there is something for everyone and more choice for you!

More for Later

Save time, work and money, make some extra portions for the freezer. Most mince dishes freeze really well then just need to be defrosted and thoroughly heated before enjoying again, creating more time for you.

It’s worth investing in some good containers and remember to clearly label and date food. Then when you need, you’ll have readymade meals to take out the freezer for an easy fuss free dinner.

For more food hygiene information visit: www.food.gov.uk
Scotch Lamb Moussaka

**Ingredients**
- 500g lean Scotch Lamb mince
- 1 onion, chopped
- 1 garlic clove, crushed
- 3 tbsp tomato puree
- 2 tbsp mint jelly
- 2 aubergines
- 75g feta cheese
- 500g Greek yogurt
- 2 eggs

**Method**
1. In a non-stick pan dry fry the mince for 4-5 minutes with the onion and garlic. Add the tomato puree and mint jelly. Season with salt and pepper and cook for 2-3 minutes.
2. Meanwhile thinly slice 2 aubergines and lightly brown on both sides in a hot frying pan (you might have to do this in 2 or 3 batches).
3. Place half the mince mixture into an ovenproof dish and top with some of the aubergine slices.
4. Crumble over the Feta cheese and cover with the rest of the mince and the remaining aubergine.
5. Mix together the Greek yogurt with eggs and pour over the aubergines.
6. Bake in a preheated oven for 30-35 minutes until golden brown.

Serve with a baked Greek salad - roast tomatoes, slices of red onion and olives topped with crumbled feta cheese.

Nutrition, per serving: 413 kcals, protein 37.1g, fat 23.3g, carb 16.2g, sugar 9.6g, salt 1.0g

**SERVES:** 4  
**PREPARATION TIME:** 10 minutes  
**COOKING TIME:** 40 minutes

More Satisfying  
A crowd pleaser
Homemade Burgers

**Minted Lamb Burger**
500g Scotch Lamb mince
4 tbsp chopped fresh mint
1 clove garlic, crushed to a paste
Salt and freshly ground black pepper

**Chutney Burger**
500g Scotch Beef or Scotch Lamb mince
2 tbsp chutney (caramelised onion or mango chutney are lovely)
2 tbsp chopped herbs such as parsley or chives
Salt and freshly ground black pepper

**Sweet Chilli and Coriander Burger**
500g Scotch Beef or Scotch Lamb mince
1 small red onion, peeled and grated
1 tbsp sweet chilli dipping sauce
2 tbsp chopped coriander
Salt and freshly ground black pepper

**Method**
1. Mix together the burger ingredients in a large bowl.
2. Using damp hands, divide the mixture into 4 and shape into burgers. Chill for 20 minutes if you have the time.
3. Cook the burgers under a preheated grill or using a frying pan or griddle pan for 5-7 minutes on each side.
4. Serve the burger in buns or rolls with your choice of accompaniments.

SERVES: 4
PREPARATION TIME: 25 minutes
COOKING TIME: 15 minutes

More Flexible
A dish for everyone
Homemade Meatballs

**Ingredients**

**For the meatballs**
- 500g Scotch Beef or Scotch Lamb mince
- 1 small onion, finely chopped
- 2 tbsp fresh breadcrumbs
- 2 tbsp cream
- 1 egg yolk
- 1 tbsp finely chopped parsley or chives
- Salt and pepper
- 2 tbsp olive oil

**For the tomato sauce**

Shop bought or to make your own:
- 750g large ripe tomatoes, skinned and coarsely chopped
- 1 large onion, peeled and finely chopped
- 2 cloves garlic, crushed
- 2 tbsp olive oil
- 100ml red wine
- 100ml water
- 2 tsp oregano, chopped
- Salt and pepper
- 1 tsp sugar (optional)

**To serve**
- 500g fresh pasta (or 300g if dried pasta)
- 1 tbsp finely chopped flat leaf parsley
- a chunk of fresh parmesan to grate

SERVES: 4
PREPARATION TIME: 20 minutes
COOKING TIME: 40 minutes
More For Less
A meal that goes a long way

Meatballs
Step by step guide

Method

1. Mix together all the meatball ingredients except the oil, then with wet hands, roll the mixture into walnut sized balls. Set aside to chill while you prepare the sauce.

2. To make the sauce, heat a large deep saute pan over a low heat and fry the onions and garlic in the oil until soft and just beginning to brown (6 mins). Add the tomatoes and oregano, stir, then cook a minute more before adding the wine and water. Bring to the boil and reduce the heat and simmer gently for about 15 mins until thick and pulpy. Add a little more water if necessary, season with salt and pepper, if the sauce is a little sour, add some sugar until just right for you.

3. Heat the olive oil in a large shallow pan and fry the meatballs until brown all over. Lift and dry on kitchen paper.

4. Add the meatballs to the sauce, stir gently through and cook for about 10 mins. Serve with pasta, parsley and grated parmesan.

Nutrition, per serving: 715 kcals, protein 46.8g, fat 31.8g, carb 60.6g, sugar 12.4g, salt 1.9g
Mince & Tatties

Ingredients
- 500g Scotch Beef mince
- 1 onion, peeled and diced/chopped
- 2 medium carrots, peeled and diced
- 1 small stick of celery, diced
- 1 tbsp vegetable oil
- 2 tbsp plain flour
- 600ml beef stock
- 2 tbsp Worcestershire sauce
- Freshly ground black pepper and salt

Method

1. In a broad based pan over a medium heat, fry the diced vegetables in the oil for about 5 minutes until softened but not brown, then increase the heat, add the meat to the pan and fry until it is well browned, about 8-10 minutes.

2. When the meat is browned, slightly reduce the heat then sprinkle the flour over the meat and veg and stir for a couple of minutes to cook the flour.

3. Add the stock, Worcester sauce, salt and pepper. Stir while the sauce comes gently to the boil and begins to thicken. Simmer, covered, for about 30 minutes adding more stock as necessary, until everything is tender.

Serve the mince in shallow bowls with buttered mash or boiled potatoes and a twist of black pepper.

Nutrition, per serving: 311 kcals, protein 30.1g, fat 15.6g, carbs 15.1g, sugar 6.2g, salt 2.7g

SERVES: 4
PREPARATION TIME: 15 minutes
COOKING TIME: 40 minutes

More Later
An old favourite, make a batch to freeze
Easy Lamb Curry

Ingredients
500g Scotch Lamb mince
2 tbsp medium curry paste
1 tbsp sunflower oil
1 onion, chopped
2cm piece root ginger, chopped
1 aubergine, cubed
1 red pepper, seeded and sliced
100g red lentils
400ml hot lamb stock
4 tomatoes, roughly chopped or
1 tin of chopped tomatoes
250g young leaf spinach
Basmati rice and/or naan bread to serve

Method
1. Place the lamb and curry paste in a bowl and mix well together (if you have time set aside for an hour).
2. Heat the oil in a large pan and cook the onion, ginger, aubergine and pepper for 5 minutes or so, until golden. Add the spiced mince and cook for a further 5 minutes.
3. Stir in the lentils, stock and tomatoes. Bring to the boil then cover and simmer for 30 minutes until very tender. Add the spinach, and cook for a minute or two until wilted. Serve with rice or naan.

Nutrition, per serving: 417 kcals, protein 34g, fat 21.4g, carb 24.5g, sugar 9g, salt 1.2g
Perfect Pasties

Ingredients
300g Scotch Beef mince
400g finely diced vegetables (e.g. carrots, turnip, leek, potato)
1 tsp chopped thyme or ½ tsp dried thyme
Salt and pepper
750g ready made short crust pastry
1 medium egg, beaten with a pinch of salt

SERVES: 4  
PREPARATION TIME: 25 minutes  
COOKING TIME: 40 minutes

More Fun
Perfect for parties, picnics, a snack or meal

Nutrition, per serving: 687 kcals, protein 20.7g, fat 41.2g, carb 62.1g, sugar 4.3g, salt 1.9g
Mix together the vegetables, minced beef, thyme and season with some salt and plenty of pepper. Set aside.

Preheat the oven to 180°C. Line a baking sheet with baking parchment. On a separate sheet of baking parchment, lightly dusted with flour, roll out a quarter of the pastry large enough to cut out a 26cm circle of pastry. A dinner plate or fairly large saucepan lid is about that size and is easy to cut around.

Spoon about a quarter of the filling mixture onto one side of the pastry round, in a D shape, leaving a 3 to 4 centimetre border on the curved side to seal and pleat the pastry’s edge.

Brush some of the egg wash halfway around the circle on the meat side, then carefully, using the paper to help you, fold the pastry over to enclose the filling and press lightly to seal a flat seam.

Then working from the top of the pastry seam, fold and pleat as you go around the curve making a neat thick edge. Slide the pasty onto the lined baking sheet and then repeat to make the other three pasties.

Brush the pasties all over with the egg wash, pierce two slits in the top of the pasties to allow steam to escape and prevent the pastry from splitting. Bake in the oven for about 40 minutes until golden brown. Allow to cool for at least 10 minutes before eating. Serve warm with chutney and mustard.
Lamb Patties

Ingredients
For the patties
500g Scotch Lamb mince
1 red onion, finely chopped
50-75g sundried tomatoes, finely chopped
12 pitted black olives, chopped
1 tsp dried oregano
Pepper and just a little salt

To serve
6 warmed pitta breads
a bag of baby salad leaves or a small shredded lettuce
Pot of ready-made tomato salsa

Method
1. Mix together all the patty ingredients and season sparingly, the olives and sun-dried tomatoes will add plenty of flavour on their own. Divide and shape into 12 patties.
2. Heat a frying or griddle pan and cook the patties for about 6 minutes until cooked through.
3. Cut the warm pittas in half, stuff each with a handful of salad leaves, a sliced patty and a spoon of tomato salsa.

Nutrition, per serving: 489 kcals, protein 24.1g, fat 20.2g, carb 56.8g, sugar 15.6g, salt 2.1g

Does not include pitta, salad and salsa

More Time
Quick, easy and delicious

SERVES: 6
PREPARATION TIME: 15 minutes
COOKING TIME: 10 minutes

www.scotchbeefandlamb.com

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 ScotCh Lamb

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