

MINCED BEEF & QUORN STEAKS

A delicious variation on a home-made burger try using mustard or horseradish to flavour these simple steaks.

Serves 4

Per serving 182 calories, 4.6% fat
(excluding accompaniments)

Preparation time: 10 minutes

Cooking time: 25 minutes

INGREDIENTS

300g extra lean minced beef
100g Quorn mince
2 garlic cloves, crushed
1 red onion, finely chopped
1 courgette, grated
1 tsp grain mustard or horseradish sauce
1 tsp vegetable stock powder
Black pepper, to taste

METHOD

1. Combine all the ingredients together in a bowl and season with black pepper. Divide the mixture into 4 portions and then, using your hands, mould each portion into a ball. Place them on a board and use a palette knife to shape each ball into a teardrop shape. Chill for 10 minutes.
2. Preheat a non-stick griddle pan, then when the steaks are chilled, dry-fry them for 10 minutes on each side.
3. Serve with 175g boiled new potatoes (with skins) and 1 grilled tomato and dry-fried mushrooms plus unlimited additional vegetables.

