

MINCE AND DUMPLINGS

INGREDIENTS

250g minced beef/ quorn
1 onion, finely chopped
1 carrot, peeled and chopped
2 handfuls frozen peas
4 mushrooms, chopped
400g chopped tomatoes
400ml low salt stock
Black pepper
2 tsp tomato puree
Few drops Worcestershire or soy sauce
Mixed herbs



FOR THE DUMPLINGS

150g self-raising flour
50g low fat margarine
1 tsp mixed herbs
3-4 tbsp water

METHOD

- Preheat the oven to 190°C/375°F/Gas Mark 5.
- Put minced beef/ quorn into pan & dry fry. Drain off any excess fat.
- Add onion to pan and fry. Add carrot, tomatoes, peas, mushrooms, stock, seasoning, Worcestershire/Soy Sauce & herbs.
- Cover with lid & simmer for 10 minutes. Transfer to oven proof dish.
- Rub flour & fat together, add herbs and enough water to make soft dough.
- Drop in dumpling mixture (approx six).
- Bake in oven for 15-20 minutes until dumplings are golden brown.