

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