

Oaty Mince Crumble (serves 2)

The oaty crumble used for the topping in this dish could also be used as a replacement for mashed potato toppings in other dishes such as shepherd's or cottage pie. Additional oats are also used on top of the crumble to give a toasted oat topping once cooked. This technique can be included in many dishes to help add extra oats to the diet.

Ingredients

| | |
|------------------------------|--------------------------------------|
| 160g extra lean minced beef | ½ teaspoon of dried mixed herbs |
| 1 small onion, chopped | 65g peas |
| 1 carrot, chopped | 125g tinned tomatoes |
| 25g oat flour | 1 clove of garlic |
| 1 tablespoon of tomato puree | 1 tablespoon of Worcestershire sauce |
| ½ beef stock cube | Pinch of ground black pepper |
| 250ml water | |

Crumble

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|------------------------------------|
| 30g butter |
| 40g low fat cheddar cheese, grated |
| 60g oat flour |
| 30g rolled oats |
| ½ teaspoon of chilli powder |
| Pinch of ground black pepper |

Method

1. Put the mince and chopped onions into a pan and heat until the mince is brown and the onions are slightly softened.
2. Add the carrots, tomatoes, garlic, herbs, pepper, and the flour, and mix well.
3. Add the stock cube and the water and simmer for 35 minutes.
4. Add the peas and cook for a further 2-3 minutes before leaving to cool.
5. Heat the oven to 200°C/400°F/Gas Mark 6.
6. Make the crumble topping by rubbing together the butter, flour, and half of the rolled oats. Then add the pepper, chilli powder and cheese and mix.
7. Pour the mince mixture into a small oven proof dish and top with the crumble topping. Sprinkle the crumble with the rest of the oats.
8. Bake for 30-40 minutes.

Nutrition information

| Per 100g | Energy 691kJ 165kcal | Fat 7.3g | Saturates 3.6g | CHO 14.3g | Sugars 2.8g | Protein 9.2g | Fibre 2.3g | Salt 0.43g |
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| Per Serving 565g | Energy 2279kJ 544kcal | Fat 24.2g | Saturates 11.8g | CHO 47.3g | Sugars 9.4g | Protein 30.5g | Fibre 7.5g | Salt 1.43g |

Oat/Barley content

57g

of oats per portion

