

# 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

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
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

