



THAI MINCE WITH RICE NOODLES (DINNER)



4 servings



15 minutes

INGREDIENTS

500g lean 5% beef mince or turkey
2 handfuls of mushrooms
3 spring onions
1 pepper
1 garlic clove
2 tbsp fish sauce
2 tbsp soy sauce
2tbsp oyster sauce
1 tbsp honey
Fresh basil
Fresh coriander
2 eggs
200g brown rice

DIRECTIONS

1. Finely chop all the vegetables
2. Cook the brown rice to the packet instructions. In a hot frying pan, brown off the mince then remove. To the same pan add in the vegetables and fry on medium heat for 10 minutes until all the water has cooked out and they are starting to colour. Mix in the garlic, 1 tsp chili flakes, then add the mince back in. Add the fish sauce, soy sauce, honey and oyster sauce.
3. Toss and simmer until the mix has thickened and reduced. Stir in the basil and heat until wilted. Taste and season if needed.
4. Fry the egg in a non stick pan and serve a fist portion of mince with 4tbsp of rice and the fried egg. Scatter fresh coriander.