



# Simple autumn mince

NIBBLEDISH CONTRIBUTOR

## Ingredients

Makes for two persons.

- 200g Minced meat
- 1/2 Carrot
- 2 Cloves of garlic
- 1 Small onion
- 1 Egg
  
- 2tbsp Japanese soy
- Freshly ground black pepper

## Instructions

1. Grate the carrot
2. Mince the onion
3. Press the garlic
4. Mix all ingredients and form into patties
5. Fry in olive oil and baste with butter

Enjoy with your favorite potatoes\* and a nice salad on a cold autumn evening.

\* I'd go with

<http://www.opensourcefood.com/people/Kimtaro/recipes/mash-o-potato-carrot-n-thyme>

---

---

---