

Mince Puffs...

PREP: 5 mins COOK: 20 mins

This recipe can be doubled then freeze the leftovers for another night.

INGREDIENTS:

¾ cups Self Raising Flour

1/3 cup Milk

1 Egg, beaten

250grams mince

½ Onion, finely chopped

Salt and Pepper

1 Beef Stock Cube

1 teaspoon Herbs, mixed or fresh

Mix the milk and eggs together in a medium bowl. Add flour and combine. Add mince and remaining ingredients and stir well.

Heat a couple of tablespoons of oil in a frying pan. Drop spoonfuls of meat mixture and fry. Flip them over with an egg lifter and fry the other side.

Serve with salad or vegetables and a relish or sauce. These can be made smaller to serve as finger food with a variety of sauces.



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