

## High Fibre Beef Mince with Pita Bread (2 servings)

### Ingredients :

Tomato X 1 (Medium size, ~100g)  
Onion X 1/2 bowl (~100g)  
Minced lean beef 2 tael (80g)  
Canned Red Kidney Beans X 1/2 bowl (120g)  
Pita bread X 4 pieces

### Seasoning :

Salt 1/4 teaspoon  
Sugar 1/4 teaspoon  
Wine 1 teaspoon  
Tapioca powder 1.5 teaspoon

### Methods :

- 1) Add all seasoning to minced beef and stir until thickened
- 2) Chop tomato and onion in cubes for use
- 3) Drain Red Kidney Beans for use
- 4) Heat the saucepan, add 1 teaspoon of Canola oil, then minced beef and onion, stir fry to medium cooked. Add Red Kidney Beans and tomato to cook thoroughly. Pour in a large bowl
- 5) Cut Pita bread to half, and put the tomato and minced beef inside the pocket to serve

### Dietitian's Tips :

- This recipe used Red Kidney Beans to replace some meat, which not only reduced the fat content, and further add fibre and therefore satiety.
- Beef is a rich source of Iron, which helps our body to produce red blood cells for oxygen transport to different tissues and prevent Iron-deficient anemia.

### Other Tips:

Raw minced beef contains bacteria such as *Escherichia Coli* and should be thoroughly cooked before consumption, otherwise it could lead to food poisoning and cause diarrhea with blood or even death in serious conditions.

### Nutrient Analysis (1 serving):

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Fibre (g)	Calcium (mg)
490.5	23.8	5.3	85.4	7.9	145.1

\*the above data is general information for reference.