

## Minced meat and potatoes

### Ingredients:

- 200 grams of minced beef
- 0.5 can of diced tomatoes
- 4 medium potatoes
- 1 small onion diced
- 1 clove of garlic
- 0.5 tsp chilli powder
- 0.25 tsp coriander powder
- 0.25 tsp turmeric powder
- 0.5 tsp cumin seeds
- 0.25 tsp curry powder
- green chillies (garnish and used in the dish)
- fresh coriander (garnish)



### Nutritional Value:

- Calories: 250.4
- Total Fat: 15.7 g
- Total Carbs: 12.0 g
- Protein: 15.8 g
- Cholesterol: 56.7 mg
- Sodium: 92.7 mg