

Eat together - Chicken and veggie curry - Feeds about 6

Ingredients

1 mug
chopped
chicken



Coconut milk
powder



Curry powder



4.5 mugs
of veg

2 onions



1 mug

1 small
piece of
ginger



Small amount of oil

3 mugs of
cooked
brown rice

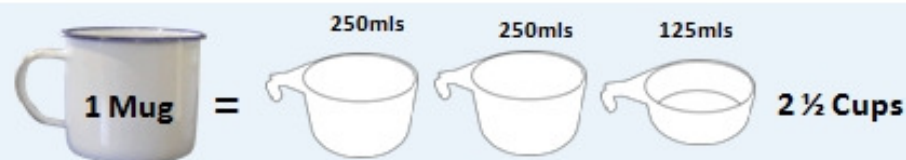
1 mug

1 mug

3 cloves
garlic

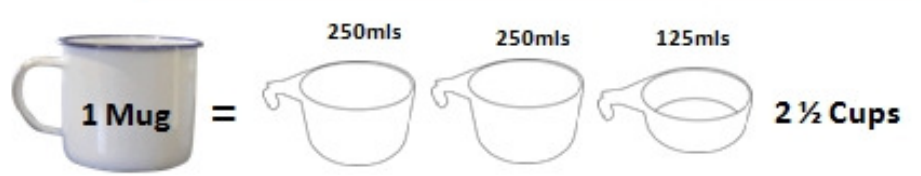


Healthy Meal





Child's portion



There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To provide simple pictorial information on a meal for a family and budgeting.

It can be used in a clinical or community setting. Including how to incorporate the dietary needs of someone with a chronic disease into the family setting.

Target group:

This resource is designed for use with people who have some basic cooking skills and need to cater for a family or a group of about 6 people.

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