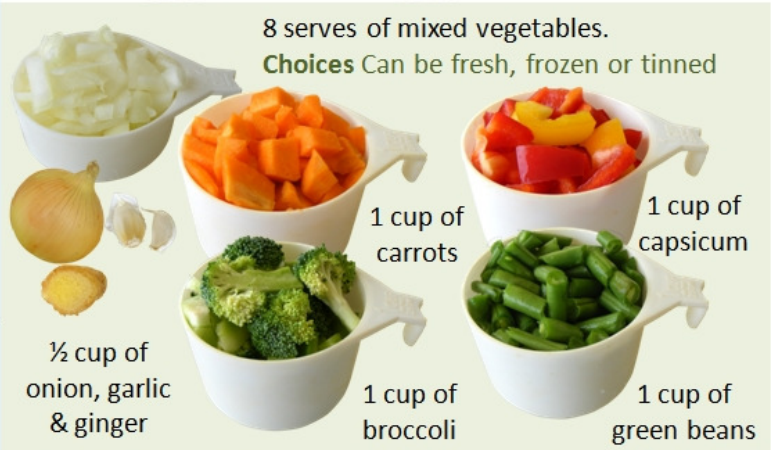


Meat & vegetable curry – Feeds 2



Ingredients



Equipment



1 Spray the frying pan with canola



2 Add onion garlic & ginger



3 Brown the onions



4 Turn down heat. Add curry powder and cook gently



5 Add the meat



6 Make sure meat is cooked



7 Put in a bowl for later



8 Add vegetables



9 Add coconut milk



10 Cook vegetables



11 Add cooked meat

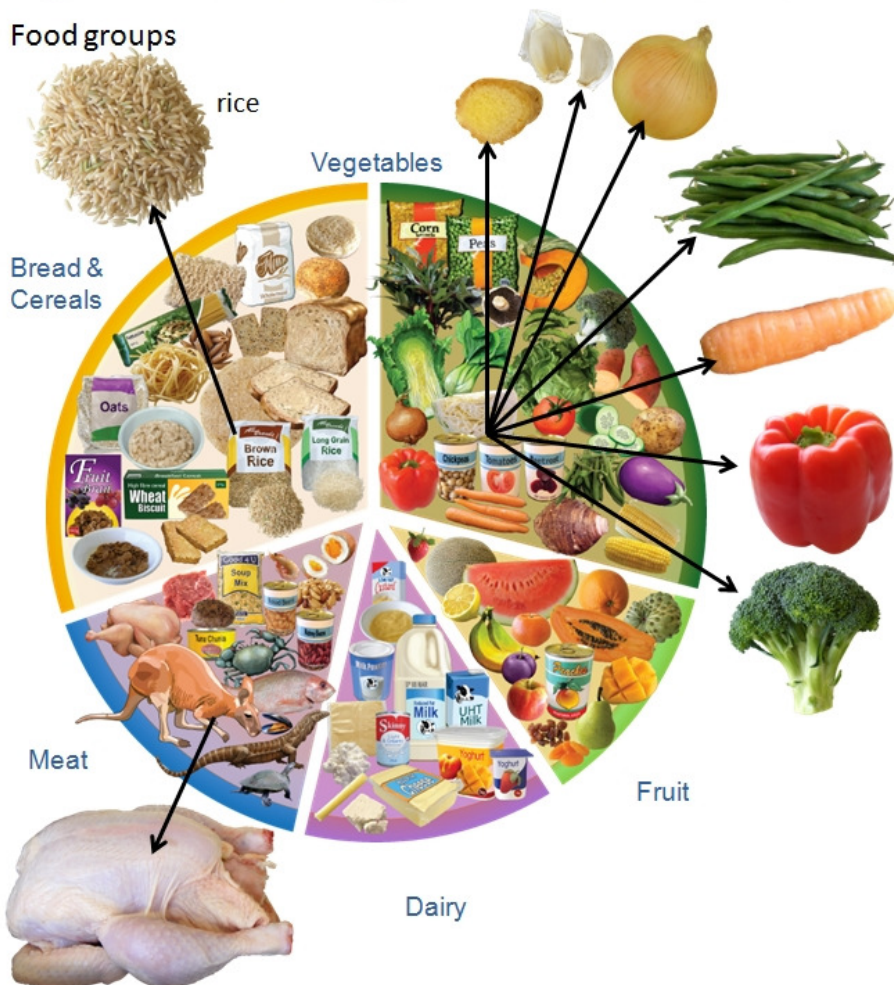


12 Add sugar and soy sauce then mix



13 Serve with rice

Food groups



Serves in 1 serve of meat & veg curry

Meat

½ cup



1 serve

Vegetables

¼ cup



½ serve

½ cup



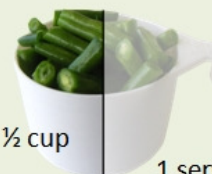
1 serve



½ cup

1 serve

½ cup



1 serve



½ cup

1 serve

Cereal

½ cup

1 serve



½ cup

1 serve

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 support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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