

Pasta with meat & vegetable sauce

- Serves 2



Ingredients



1 tablespoon of
Parmesan cheese



1/2 cup minced meat



1/4 cup water

1 cup
pasta
sauce



1/2 cup onions
and garlic

2 cups tinned
tomatoes

3 serves of mixed vegetables. Can be fresh, frozen or tinned



1/2 cup peas



1/2 cup carrots



1/2 cup zucchini



canola oil spray



2 cups of pasta

Equipment



1 Spray the frying pan
with canola



2 Add onion garlic & brown



3 Add mince and brown



4 Add pasta sauce and 1/4 cup of water



5 Add tinned tomatoes & 3 vegetables



6 Cook slowly while stirring



7

Serve with cooked pasta. Garnish with ½ tablespoon of Parmesan cheese for each person

Cook pasta



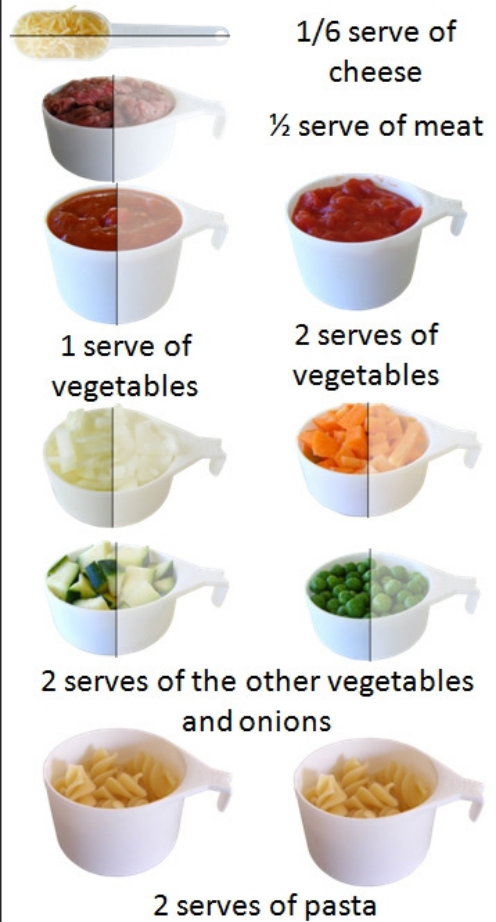
8 Boil water and add pasta

9 When pasta is soft drain.

Food groups



Serves in 1 serve of pasta and sauce



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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