

Savoury mince - Feeds 5 adults



Ingredients



Equipment



Preparation



1 Peel then chop onions
garlic & ginger

2 Heat & oil pan, then
add onions

3 Add garlic & ginger, then fry



4 Add curry powder & salt

5 Add vinegar & fry on low heat

6 Make a space in the middle



7 Add mince



8 Mix



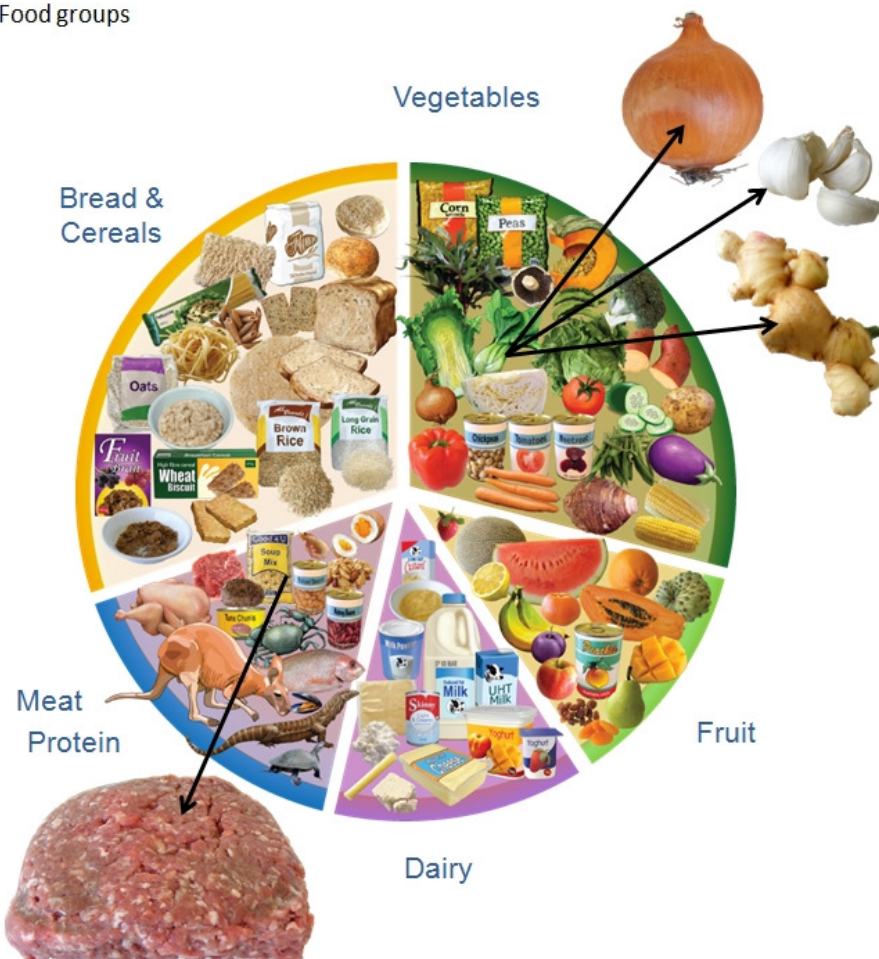
9 Cook meat until it is brown right through



10 Measure half cup then serve with vegetables



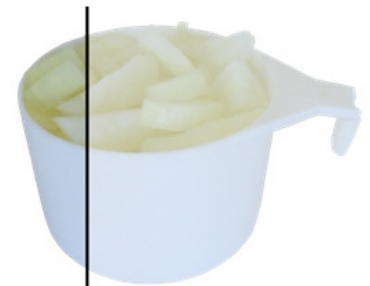
Food groups



1 portion of savoury mince



Almost 1 serve of minced meat



Almost 1/2 serve of onions

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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