

# Corned beef, beans & vegetables

- Feeds 2



## Ingredients



1 cup corned beef (No fat)

3 cloves garlic



1 cup onion



1 cup mixed beans



1 cup carrots



2 cups shredded cabbage



canola oil spray

## Equipment



## Method



1

Steam to remove fat from corned beef



2

Drain beans



3

Wash in tin



4

Turn the frying pan thermostat to 5



5 Brown onions, garlic & curry



6 Add carrots



7 Cook for 5 minutes



8 Add cabbage



9 Cook for 5 minutes



10 Add mixed beans



11 Add corned beef

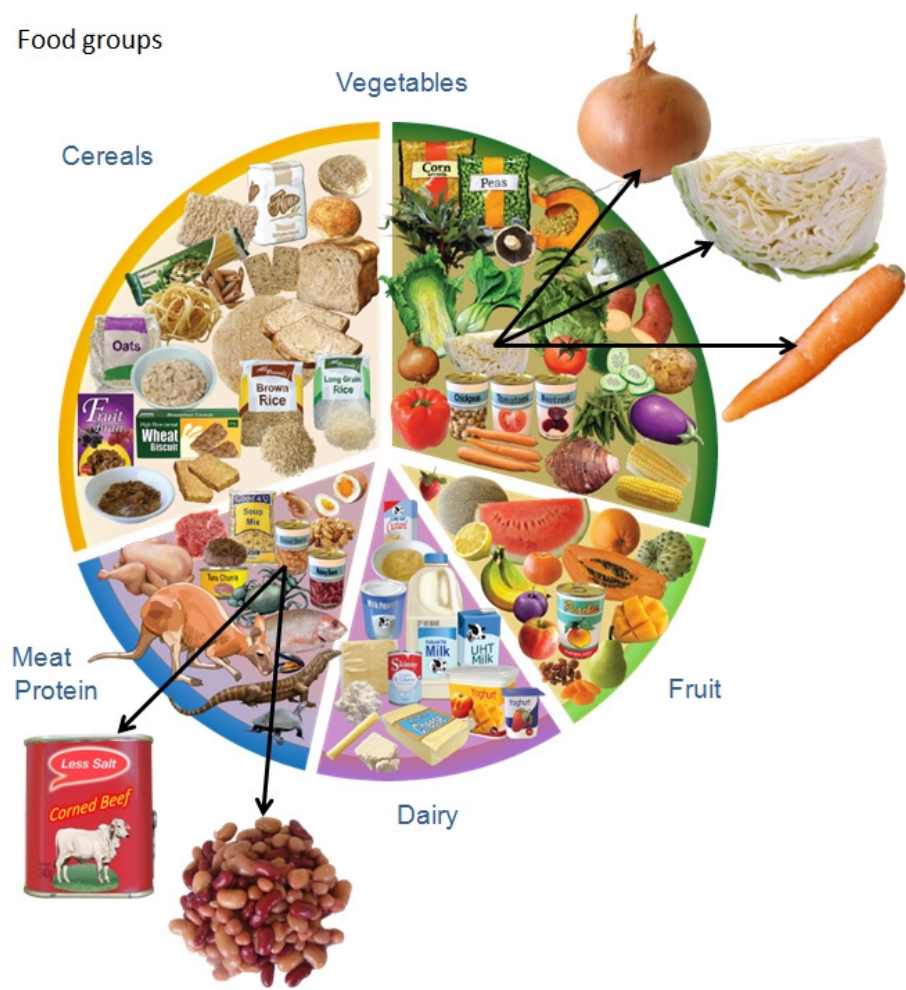


12 Cook for 5 minutes

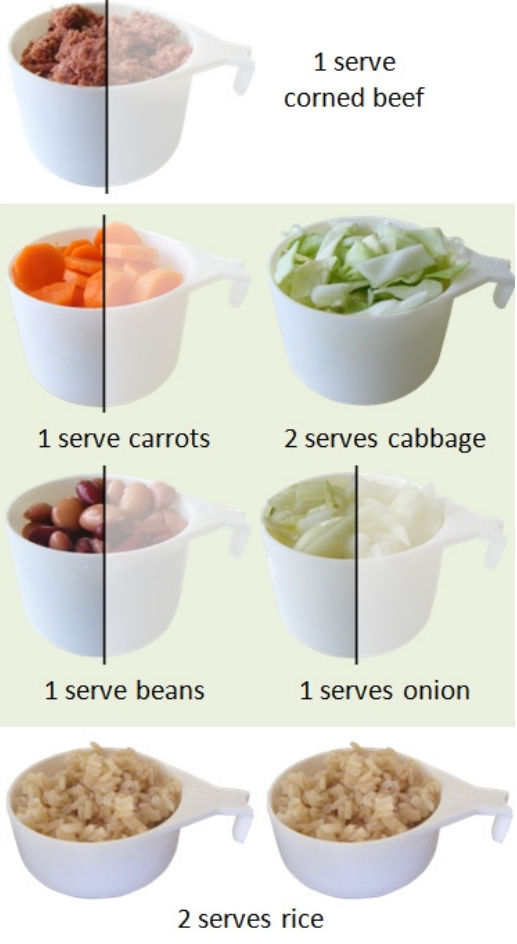


13 Serve with cooked brown rice

Food groups



Serves in portion of corned beef & veg



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

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### **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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