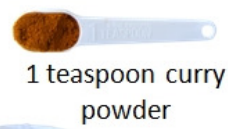
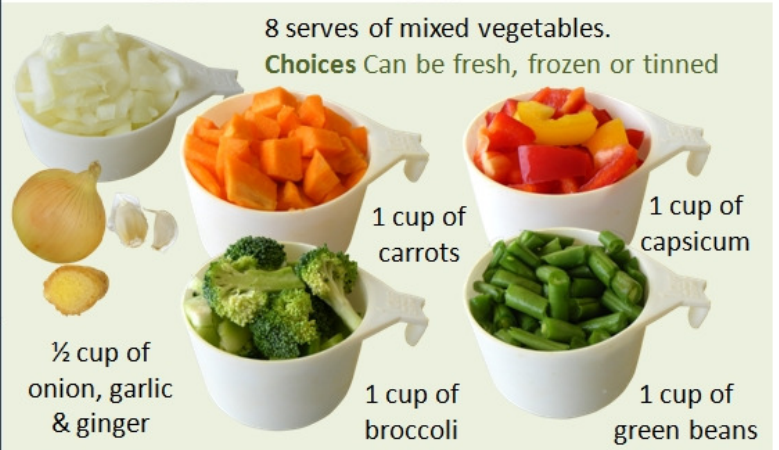


# Meat & vegetable curry – Feeds 2



## 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

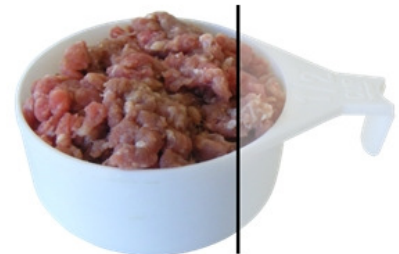


13 Serve with rice

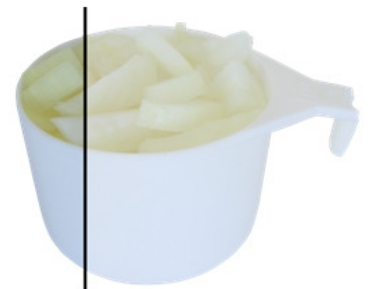
**Good food plate**



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 at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Independently follow a recipe.

### **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.

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