

# 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



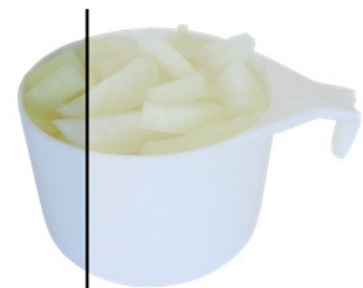
Good food plate



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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