

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

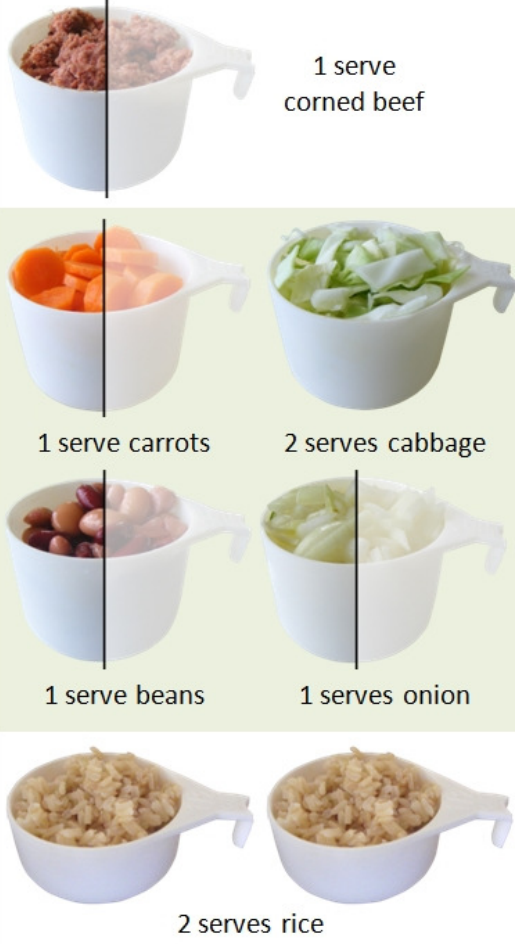


13 Serve with cooked brown rice

Good food plate



Serves in portion of corned beef & veg



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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