

# Beef Mince and Vegetable Curry

Serves 6



## INGREDIENTS

- 500 grams beef mince
- 1 onion
- 2 carrots
- 2 potatoes
- 500g (1 packet) frozen vegetables
- 2 teaspoons minced garlic or 2 garlic gloves, crushed
- 2 teaspoons crushed ginger or fresh ginger (optional)
- 2-3 teaspoons curry powder
- 2 teaspoons corn flour
- 1 table spoon vegetable oil (optional)

## EQUIPMENT

- Large knife
- Chopping board
- Large pot or frying pan
- Wooden spoon
- Cup measure
- Teaspoon
- Table spoon
- Large bowls

## METHOD

1. Chop vegetables and gather all ingredients into a large bowl.
2. Dry fry (do not add oil) the beef mince in the pot or frying pan until brown.
3. Transfer beef mince to large bowl, leave meat juice in the pot or frying pan.
4. Add onion, carrots, and potatoes in the pot and stir until soft.
5. Add browned beef mince and frozen vegetables in the pot.
6. Add garlic, ginger (optional) and curry powder and stir.
7. Add some water just to cover the top of the beef and bring to boil. Stir through corn flour and then turn heat down low and simmer for 10 minutes.
8. Serve with rice, pasta or bread.

Acknowledgement Source:  
Kukumbat gudwan Daga 'Really Cooking Good Food'



- Dry fry the mince so you do not need extra cooking oil
- Plain flour can be used instead of corn flour
- Add a can of kidney beans or 3 bean mix to make it healthier

# Pasta & Tuna Salad

Serves 6



## INGREDIENTS

375g macaroni or pasta tubes (penne)  
2 eggs  
2 large tomatoes  
185 g canned tuna, in water  
12 pitted black olives (optional)  
1 green capsicum  
2 teaspoons olive oil or canola oil  
2 teaspoons of vinegar or lemon juice  
1 small bunch basil, chopped (optional)

## EQUIPMENT

Large saucepan	Teaspoon
Small bowl	Large bowl
Fork	Can opener
Large knife	Serving spoons
Chopping board	

## METHOD

1. Prepare eggs using hard boiled method. Allow eggs to cool and remove shells.
2. Cut eggs into quarters.
3. Put pasta into a large pot with plenty of boiling water and boil until soft.
4. Drain tuna and mash with a fork.
5. Chop up vegetables.
6. Drain the pasta and place in a serving bowl. Stir in the olive or canola oil and vinegar or lemon juice.
7. Add vegetables and tuna. Toss.
8. Put the egg slices on top and serve.

Acknowledgement: Deadly Tucker Cookbook-Nth Metro Area Health Service, Public Health Unit

Source: Adapted from 101 Festive Food Cents\$ Recipe & Gift ideas, Health Department of Western Australia 1995



- Add more pasta for more people
- Choose canned tuna in water to lower the salt content