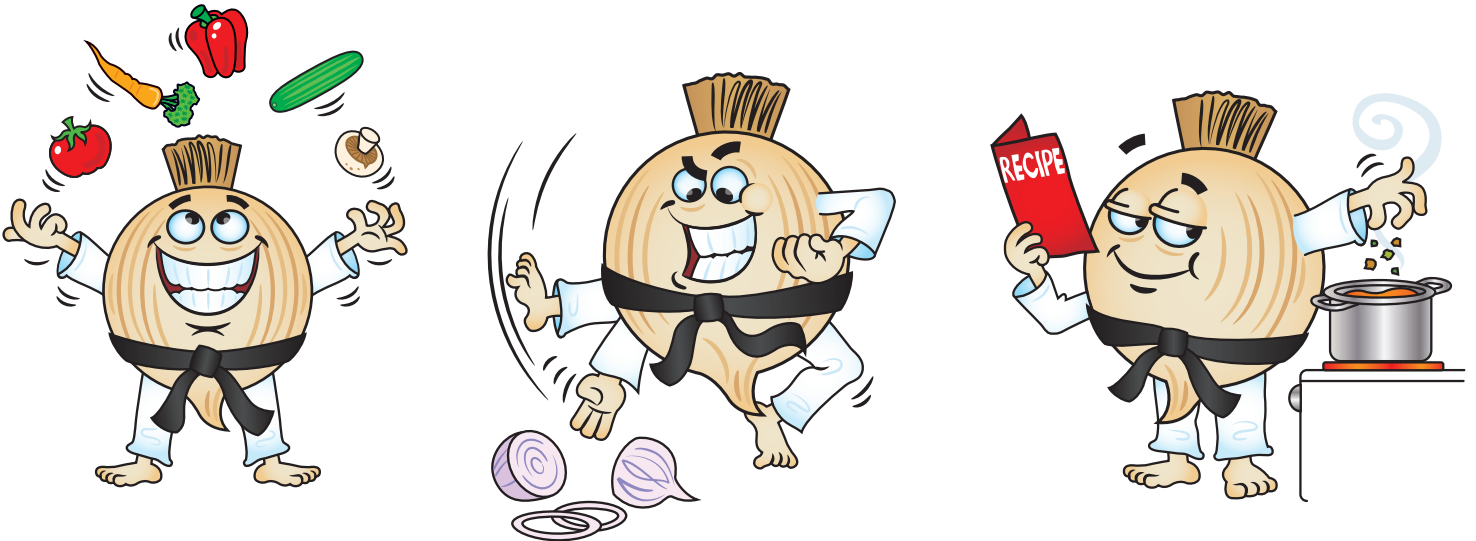


Menu Masters



Contents	Page	Tick when completed
Avocado Salsa	2	<input type="checkbox"/>
Fruit Pikelets	3-4	<input type="checkbox"/>
Pizza Pita	5	<input type="checkbox"/>
Stuffed Capsicum	6	<input type="checkbox"/>
Chicken and Vegetable Stir Fry	7-8	<input type="checkbox"/>
Muesli Bars	9-10	<input type="checkbox"/>
Corn, Cheese and Carrot Omelette	11	<input type="checkbox"/>
Chicken and Vegetable Pasta Bake	12-13	<input type="checkbox"/>
Kofta Curry	14-15	<input type="checkbox"/>
Kachumbar Salad	16	<input type="checkbox"/>
Pumpkin and Kangaroo Hotpot	17	<input type="checkbox"/>
Drief Fruit Snack	18	<input type="checkbox"/>
Spinach Pie	19	<input type="checkbox"/>
Carrot and Chocolate Slice	20	<input type="checkbox"/>
East Cottage Pie	21	<input type="checkbox"/>

Please note: These recipes do not have to be used in the order provided. Feel free to rearrange and adapt to fit within your own school objectives and local harvest times.

Menu Masters

Equipment

Oven	Wooden spoon	Colander
Aprons	Saucepans	Sieve
Tea towels	Frying pans	Measuring cups/spoons
Dishwashing equipment	Hand blender	Measuring jugs
Chopping boards	Peelers	Baking trays
Knives	Ladle	Can opener
Graters	Masher	Pastry brush
Blender	Garlic crusher	Serving plates and cutlery
Large Mixing bowls	Oven gloves	

Food Skills I will learn being a Menu Master

Easy Age 4-11years	Intermediate Age 6-11 years	Advanced Age 7-11 years (all with supervision)
<ul style="list-style-type: none"> • Mix • Stir • Measuring with cups • Measuring with balancing scales • Crumbling cheese • Tearing lettuce • Snipping herbs with scissors • Kneading • Shaping • Arranging toppings • Sieving • Pouring • Dividing • Use of spices and seasoning in place of salt 	<ul style="list-style-type: none"> • Knife skills-soft foods • Chop • Slice • Measuring with a jug • Cutting fat into flour • Beating an egg • Rubbing fat into flour • Whisking • Folding • Beating • Creaming • Recipe modification 	<ul style="list-style-type: none"> • Knife skills harder foods • Chop • Slice • Dice • Mince/crush • Finely chopping herbs • Grating harder foods e.g. parmesan • Peeling harder foods • Digital Weighing scales • Use of the hob • Stir Fry • Steam • Boil • Sauté • Use of the oven • Menu development

Other Food Skills

Food safety and hygiene
 Different food groups and healthy eating
 Seasonality of fruit and vegetables
 Identifying fruit and vegetables
 Sharing and enjoying foods produced
 Sustainability
 Food presentation

Avocado Salsa

Preparation time: 15 minutes Makes: 6 wraps or more as a dip

Equipment

Bowl
Fork
Knife
Chopping board

Skills

Mixing
Use of knife - chopping
Mashing
Measuring
Sharing
Presentation
Putting together with other ingredients to serve

New Vocabulary

recipe
salsa
mashing
avocado
ingredients
method
hygiene

Ingredients

1 ripe avocado - mashed with a fork
2 tablespoons lemon juice
½ red capsicum - washed and finely chopped
½ small red onion - finely chopped

Method

Combine all ingredients and cover until ready to use.

Recipe 2 Activity 4 - Equipment

Fruit Pikelets

Preparation time: 10 minutes

Cooking time: 20 minutes

Makes: 20

Equipment

Bread and Butter Knife
Chopping board
Paper towels
Electric or hand beaters
Electric frypan
Large bowl
Egg slice
Cooling wire
Ladle
Fork
Measuring cups, spoons and jug

Skills

Equipment names/uses
Measuring
Mixing
Pouring
Flipping

New Vocabulary

combine
stir
ladle
wholemeal
baking powder
natural yoghurt

Ingredients

$\frac{3}{4}$ cup wholemeal self-raising flour

1 egg

1 cup low fat milk

1 tablespoon sugar

2 large bananas or fruit of your choice (if you are growing berries replace the banana with these)

Canola oil spray

Serve with 200ml tub low fat natural yoghurt and honey and any other fruit you would like to add, use what you are growing

Method

1. Combine dry ingredients into a large bowl (flour and sugar).
2. Whisk together eggs and milk in a small bowl and then stir into dry ingredients.
3. Beat until smooth using the electric beater.
4. Stir through bananas/berries.
5. Put electric frypan on medium heat and spray with canola spray, or put normal fry pan on stove and heat canola spray.
6. Using a ladle, pour mixture into small rounds on the frypan. Turn when lots of bubbles form and cook until golden.
7. Place on cooling wire. Reapply canola spray to the pan and repeat process.
8. Serve with natural yoghurt.

Tips

- Keep mixture well stirred to get fruit in all pikelets.
- Can be eaten warm or cold. Can warm in microwave.
- Store in airtight container in the fridge for up to 3 days.
- Wrap in cling wrap in lunchbox sizes and place in freezer.

Variations

- Substitute berries for 2 grated apples and 1tsp cinnamon. Leave the peel on to keep the nutrients.
- Fresh milk can be substituted with powdered or UHT milk.
- Wholemeal self-raising flour can be substituted with plain flour plus 1½ tsp baking powder.

ES1-S1 can mash banana and mix in foods but the cooking of pikelets should be performed by the teacher.

S3 should try and follow the recipe under supervision.

Recipe 3 Activity 5 - Cooking Skills

Pizza Pita

Preparation time: 15 minutes

Cooking time: 10 Minutes

Serves: 6-8

Equipment

Cook's Knife
Chopping board
3 baking trays

Skills

Arranging topping
Using knife-chopping hard foods
Safe use of oven
Measuring
Presentation
Recipe development
Cultural food
Alternatives to common foods (pizza)

Ingredients

6-8 pita breads, wholemeal
1 cup tomato puree or tomato based pasta sauce, low salt
1 zucchini, leave skin on and slice
1 red capsicum, washed, remove seeds and slice
80g button mushrooms, cleaned with damp paper towel, then sliced
1½ cups (185g) Mozzarella cheese-grated, low fat
Fresh basil - washed, dried and chopped

Method

1. Preheat the oven to 160°C.
2. Spread the puree/tomato finely over each of the pita bases.
3. Sprinkle the grated cheese over the top of each of the bases.
4. Add zucchini, mushrooms and capsicum to decorate your pizza (e.g. make a face).
5. Bake in the oven for 5-8 minutes.

Recipe 4 Activity 6 - Seasonality

Stuffed Capsicum

Preparation time: 30 minutes

Cooking time: 25 minutes

Serves: 6

Equipment

Oven
Cook's Knife
Chopping board
Measuring cups
Measuring spoons
Grater
Garlic crusher
Baking tray

Skills

Using knife- slicing, halving,
Measuring
Safe use of oven
Presentation
Deseeding
Crushing garlic
Grating

New Vocabulary

deseeding
ricotta cheese
lemon rind
baking
garnish
tomatoes

Ingredients

3 capsicum (use red, yellow and green), washed, halved, seeds removed
¼ cup (60ml) olive oil
150g ricotta cheese, reduced fat
150g cherry tomatoes, washed, halved
1 small red onion, thinly sliced
Grated rind of 1 lemon, washed and dried first
1 garlic clove, crushed
1/2 cup torn basil leaves, washed and dried first

Method

1. Preheat oven to 180°C.
2. Brush the capsicum with half the oil, then place on a baking tray.
3. Combine ricotta, tomatoes, onion, lemon rind, garlic and half the basil, and then use to fill the capsicum.
4. Drizzle with remaining oil and bake for 20-25 minutes. Garnish with remaining basil.

Variation:

Use other vegetables and egg plant, zucchini, mushrooms for the stuffing.

Chicken and Vegetable Stir-fry

Preparation time: 30 minutes

Cooking time: 15 minutes

Serves: 6

Equipment

Fry pan or electric wok
Saucepan to cook rice or microwave
Cook's knife
Chopping boards
(1 for chicken and 1 for vegetables)
Garlic crusher
Measuring jug for stock
Teaspoon
Tablespoon
Strainer/colander
Small bowl

Skills

Measuring and cooking rice
Draining using a colander
Chopping harder foods under supervision (dicing and slicing older children only)
Stir-frying
Mixing stock and sauce
Use of stove and hot foods

New Vocabulary

stir-fry
bok choy
colander/strainer
capsicum
snow peas

Ingredients

3 cups of rice, can use brown for variety
1 teaspoon vegetable oil
300g chicken breast, skin removed and cut into strips
2 cloves garlic, crushed
1 medium onion, chopped
2 medium carrots, peeled, thinly sliced
1 stick celery, washed, sliced
1 red capsicum, washed, deseeded and finely chopped
150g snow peas, washed, shoots ends and strings removed
1 bunch of bok choy or 1 cup of cabbage, washed and roughly chopped
2 teaspoons of cornflour
2 tablespoons soy sauce, reduced salt
½ cup chicken stock, reduced salt
1 tablespoon sweet chilli sauce

Method

1. Cook rice following packet instructions.
2. While the rice is cooking, heat oil in a wok or large pan and stir fry chicken until almost cooked, set-aside.
3. Add garlic, onion, carrots, celery and capsicum to the wok and cook for 2 minutes.
4. Return chicken to the pan and add snow peas and cabbage/bok choy and cook for 2 minutes.
5. In a small bowl mix cornflour and soy sauce to a smooth paste then stir in stock and chili sauce.
6. Pour into stir-fry and heat through.
7. Drain rice using a strainer or colander.
8. Serve rice into bowls and add the stir-fry to each bowl and sit and share your meal.

Variations

1. Make it easier by just using vegetables and no meat with one sauce either sweet chili, soy or oyster.
2. Use vegetables from your garden in replacement of the ones above. Use rice noodles instead of rice, these maybe easier to cook. Follow packet instructions.

Recipe 6 Activity 8- Meal Times

This recipe can be spread over 2-3 lessons or 2-3 classes

Breakfast - Muesli Bars

Preparation time: 15 mins

Cooking time: 20 mins

Serves: 8-10

Equipment

Lamington tin
2 Saucepans (small, medium)
Wooden spoon
Large mixing bowl
Oven tray
Bread and Butter Knife
Chopping board

Skills

Mixing
Measuring
Safe use of oven
Dividing
Use of stove
Use of baking tray and paper
Using knife – cutting into slices

New Vocabulary

polyunsaturated
scrambled
biscuits
line
mushrooms
muesli
breakfast

Ingredients

½ Cup (125g) polyunsaturated vegetable margarine, low salt
2 tablespoons honey
2 eggs, lightly beaten
½ cup raw sugar
1½ cups natural muesli
½ cup shredded coconut
½ cup wholemeal plain flour
¼ cup toasted slivered or flaked almonds
½ cup chopped raisins
¼ cup dried fruit medley
¼ cup sesame seeds
*Optional, 100g milk chocolate melts
Baking paper
Canola oil spray

Method

1. Line and lightly grease a lamington tin (20x30cm) with baking paper and cooking spray. Pre heat the oven to 180°C.
2. Chop raisins.
3. Melt margarine and honey in a medium saucepan, remove from the heat.
4. Combine all the ingredients (except the chocolate). Stir well.
5. Firmly press the mixture into the lamington tin.
6. Place on an oven tray and bake at 180°C for about 20 minutes. There will be a slight browning. Do not burn the raisins. It will be soft to touch as all biscuits and slices become firm on cooling.
7. Remove from the oven and allow to cool in the pan.
8. Job for the teacher: The chocolate can be melted in a double saucepan or in a clip lock bag in a bowl of boiling water.
9. Double saucepan method - That is a larger saucepan of simmering water with a smaller one sitting on top (can be a heat proof bowl). It can also be melted in the microwave but must be on low to moderate heat. Be careful, chocolate can easily burn and cannot be recovered.
10. Drizzle the chocolate over the muesli whilst a little warm. Lift the muesli out of the pan using the baking paper. Place on a cutting board and cut into bar-size rectangles.
11. These can be stored in an airtight container, in a cool pantry for up to 5 days.

Breakfast Variations

1. Scrambled egg on toast- Very easy and a good skill to have.
2. Use produce from the garden such as tomatoes or mushrooms to mix in or have with it.
3. Home made muesli.
4. Apple or banana pikelets.

Lunch - Corn, Cheese & Carrot Omelette

Preparation time: 15 mins

Cooking time: 10 mins

Serves: 4

Equipment

Medium bowl
Fork
Grater
Tin opener
Fry pan
Spoon

Skills

Whisking
Grating
Snipping/tearing herbs
Use of stove
Combining ingredients

New Vocabulary

variations
sandwiches
omelette
zucchini
quarter
coarsley

Ingredients

8 eggs
310g tin creamed corn
1 large carrot, grated
¼ cup fresh flat leafed parsley, washed, dried and roughly chopped
½ cup cheddar cheese reduced fat, coarsely grated

Method

1. Whisk eggs in medium bowl until combined, stir in remaining ingredients.
2. Pour ¼ of the egg mixture into a small heated oiled frying pan; cook over medium heat until omelette is set.
3. Fold omelette in half, slide onto plate and cover with some aluminium foil to keep warm.
4. Repeat process with remaining egg mixture to make four omelettes.

Lunch Variations

1. Simple sandwiches/wraps see recipe bank for ideas
2. Use different vegetables to make the omelette; mushroom, tomato and zucchini are all good variations.

Dinner - Chicken & Vegetable Pasta Bake S3

Preparation time: 30 minutes

Cooking time: 20-25 minutes

Serves: 6-8

Equipment

Tablespoon
Cook's Knife
Chopping board
Garlic crusher
Grater
2 Large saucepans
Heatproof bowl
Colander
Ovenproof dish
Small saucepan

Skills

Frying/sautéing
Cooking pasta
Measuring
Making béchamel sauce
Baking
Timing of foods

New Vocabulary

béchamel sauce
kernels
season
coarsely
shred
medium heat
sautéing

Ingredients

1 tablespoon olive oil
1 brown onion, coarsely chopped
2 carrots, peeled and grated
2 celery sticks, washed, end trimmed, finely chopped
2 corncobs, husks and silks removed, kernels removed
2 Zucchini, washed, skin left on & coarsely chopped
1 garlic clove, crushed
300g dried risoni pasta
1 large BBQ chicken, remove skin & shred meat
90g fresh wholemeal breadcrumbs, made from day old bread
80g cheddar cheese, reduced-fat, coarsely grated

Béchamel Sauce

60g polyunsaturated margarine
50g plain flour
750ml milk, reduced-fat, warmed
70g cheddar cheese, reduced-fat, coarsely grated

Method

1. Heat oil in a large heavy based saucepan over a medium heat. Add the onion, carrot, celery, corn kernels, zucchini and garlic and cook stirring often for 10 minutes or until vegetables are soft. Transfer to a large heatproof bowl.
2. Meanwhile cook the pasta in a large saucepan of salted water for 8 minutes or until 'al dente'. Drain in colander.
3. To make the béchamel sauce, melt the margarine in a large saucepan over a medium heat. Add the flour and cook, stirring for 1 minute or until the mixture bubbles. Remove from heat. Gradually add the milk, stirring constantly until well combined. Place over medium heat and cook until well combined. Place over medium heat and cook, stirring constantly until sauce thickens. Simmer, stirring for 2 minutes. Remove from heat and stir in cheese.
4. Add the pasta, béchamel sauce and chicken to the zucchini mixture and stir until well combined. Season with pepper. Spoon the mixture into an ovenproof dish.
5. Combine the breadcrumbs and the cheddar in a small bowl. Sprinkle over the pasta mixture. Bake for 20-25 minutes until golden and serve.

Serving Tip- serve with a green salad on the side.

Kofta Curry

This dish can be made with beef, lamb or chicken. It makes a great meal when served with Jeera rice and Kachumbar salad.

Kofta is a Middle Eastern and South Indian meatball or meatloaf. The vegetarian variety like lauki kofta, shahi aloo kofta are popular in India.

Preparation time: 30 minutes

Cooking time 15-20 minutes

Serves 6-8

Equipment

- Cook's knife
- Chopping board
- Measuring cups
- Tablespoon
- Teaspoon
- Large bowl
- Plate
- Fry pan
- Saucepan for rice
- Wooden spoon

Skills

- Shaping meatballs
- Combining ingredients
- Measuring
- Frying
- Cooking rice
- Knife skills soft and hard foods, chopping and cubing

Ingredients

- 1 kg lean beef mince
- 5 onions, finely chopped
- 2tblsp garlic paste
- 1tblsp ginger paste
- 2tblsp garam masala (for the koftas)
- 3tblsp tomato sauce
- ½ cup coriander leaves, washed, dried and finely chopped
- 3tblsp vegetable cooking oil
- 1tblsp ginger paste
- 2tblsp garlic paste
- 2tspn coriander powder
- ½tspn turmeric powder
- 1tspn chilli powder
- 1tspn garam masala
- 4 large tomatoes, washed and cubed

Method

1. Put the minced beef, 2 of the chopped onions, garlic paste, ginger paste, garam masala, tomato sauce and coriander leaves in a large bowl and mix well.
2. Form the mixture into equal sized balls and keep on a plate.
3. Heat the oil in a pan and add the remaining onions. Fry until they are light brown then add the ginger and garlic pastes. Fry for a minute.
4. Add all the powdered spices, coriander, cumin, red chili powder, garam masala, turmeric and fry for 2-3 minutes.
5. Add the tomatoes and mix well, fry the masala until the oil begins to separate from it.
6. Add 2 cups of warm water to the masala and season with pepper to taste. Gently add your meatballs now. Do not stir for the next 5 minutes.
7. Prepare and cook the rice as per packet instructions on the stove.
8. Stir the meatball curry gently without breaking the meatballs.
9. Cook uncovered until the meatballs are all done. The gravy can be as thick as you like so add or reduce the water as required.

Kachumber Salad

Prep Time: 10 minutes Cook Time: 2 minutes Serves: 6-8

Equipment

Cook's knife
Chopping board
Colander
Measuring spoons
Small jar
Salad bowl
Juicer

Skills

Handling chilies
Using knife - fine chopping
Making salad dressing

New Vocabulary

Kofta
coriander
grams
dissolve
garam masala
turmeric

Ingredients

2 small/1 large onion, chopped finely
3 tomatoes, washed and chopped finely
1 large cucumber, washed, leave skin on, chopped finely
2 green chilies, washed, deseeded and chopped finely. (Wash hands immediately -Do not rub eyes!)
½ bunch coriander leaves, chopped very finely
Juice of 1 lemon/2 limes
1 tsp sugar
1 tsp vegetable oil
½ tsp red chili powder

Method

1. Wash tomatoes, cucumber, green chilies, and coriander and pat dry with a paper towel. Cut according to the recipe and combine in a salad bowl or on a platter.
2. Mix all the vegetables together in a large salad bowl and chill.
3. In a small bottle (must have a tightly-fitting cover), mix the lime/lemon juice, oil, salt, sugar and chili powder. Put the lid on and shake the bottle well to mix all the ingredients in it and dissolve the sugar, (or whisk together well in a bowl).
4. Pour the dressing over the salad just before you are ready to eat. Mix lightly and serve.

Pumpkin and Kangaroo Hotpot

Preparation time: 30 minutes

Cooking time: 30 minutes

Serves: 4-6

Equipment

Cook's Knife
Chopping board
Grater
Measuring cups and spoons
Saucepan
Frying pan
Baking dish

Skills

Grating
Knife skills
Frying
Boiling/steaming
Use and timing of oven
Measuring using cups
Weighing scales

New Vocabulary

boiling
steaming
moderate oven
metric measuring equipment
pumpkin

Ingredients

500g Kangaroo mince
1 onion, chopped
2 carrots, peeled and grated
1 cup (250ml) of canned tomatoes
2 tablespoons soy sauce, reduced salt
3 cups of diced pumpkin
4 stalks celery, washed and finely chopped
¼ cup nutmeg
½ cup breadcrumbs
Vegetable oil spray

Method

1. Boil or steam pumpkin (stove or microwave) and mash with nutmeg.
2. Brown mince in a large frying pan.
3. Add celery onion, carrot, tomato and soy sauce.
4. Cook for 10 minutes over low heat. Spoon into baking dish.
5. Cover with pumpkin and then sprinkle with breadcrumbs.
6. Spray with oil and bake in a moderate oven for 30 minutes

Dried Fruit Snack

Preparation time: 10 minutes

Serves: per class

Equipment

Bowls
Measuring spoons/cups
Small clip lock freezer bags
Glasses

Skills

Ingredient selection
Measuring

New Vocabulary

dried fruit
granola
healthy snacks
oats

Ingredients

Dried figs
Raisins
Dried peaches
Dried bananas
Dried apple pieces
Oats
Granola
Cornflakes
*low fat milk

Teacher note: Arrange the ingredients in separate bowls with labels or the packages to identify each.

Method

1. Make your own dried fruit snack by choosing 4-6 of the fruits and placing in a clip lock bag.
2. Add oats, granola cereal, or reduced fat yoghurt. Serve with a glass of low fat milk.

Recipe 10 Activity 12 - Food Benefits and Usage Recipe

Planning with what you are planting

Spinach Pie

Preparation time: 15 minutes

Cooking time: 35 minutes

Serves: 4-6

Equipment

Measuring cups
Medium Pie dish
Mixing bowl
Egg whisk
Grater

Skills

Beating eggs
Measuring
Combining ingredients
Use of oven and oven timing

New Vocabulary

evaporated milk
skim milk
parmesan cheese
warrigal greens

Ingredients

Olive oil spray
½ cup breadcrumbs
1 cup of evaporated skim milk
4 eggs
2 ½ cups cooked spinach (for native foods can replace with Warrigal greens)
½ cup shallots, washed and finely sliced
½ cup Parmesan cheese, grated

Method

1. Wash spinach, cut off ends and chop roughly. Place in microwave bowl and steam till soft.
2. Spray dish with oil spray. Spread breadcrumbs over base of dish.
3. Beat milk and eggs together in a bowl.
4. Add all other ingredients.
5. Pour into greased pie dish.
6. Bake in moderate oven for 30-35 minutes until set.

Carrot and chocolate slice

(Forbes North Public School)

Preparation time: 30 minutes

Cooking time: 30 minutes

Serves: 8-10

Equipment

Measuring cups
Teaspoon
Grater
Fork/whisk
Large bowl
Small bowl (for eggs)
Lamington tin

Skills

Beating eggs
Beating raw into dry ingredients
Grating
Measuring
Knife skills
Combining ingredients

New Vocabulary

slice
raw ingredients
dry ingredients
beat
frosting
shred

Ingredients

1 cup of self-raising flour
1 teaspoon of ground cinnamon
 $\frac{3}{4}$ cup caster sugar
 $\frac{1}{2}$ cup carrot, peeled and grated
1 cup of mixed dried fruit
 $\frac{1}{2}$ cup dark choc bits
 $\frac{1}{3}$ cup desiccated coconut
2 eggs, lightly beaten
 $\frac{1}{3}$ cup, heaped (90g) polyunsaturated margarine, low salt - melted
 $\frac{1}{3}$ cup chopped walnuts (optional, can use dried fruit in its place, be aware of allergies)
Shredded orange rind to decorate

Frosting

125g low fat cream cheese, softened
25g polyunsaturated, margarine, low salt, softened
 $1\frac{1}{2}$ cups icing sugar
1 tsp hot water

Method

1. Preheat oven to 180°C.
2. Grease a 20cm x 30cm lamington pan: line base and two long sides with baking paper, extending paper 2cm above edge of pan.
3. Combine flour, cinnamon, sugar, carrot, dried fruit, choc bits and coconut in a large bowl. Stir in eggs, butter and walnuts - mix well. Spread mixture into prepared pan.
4. Cook in a moderate oven 180°C, for about 30 minutes, or until cooked when tasted.
5. Allow slice to cool in pan.
6. Frosting - Beat cream cheese and butter in a small bowl with an electric mixer until smooth. Add icing sugar and water and beat until combined.
7. Spread frosting over top of slice, decorate with shredded orange rind. Stand until set before cutting into squares.

Easy Cottage Pie

Preparation time: 30 minutes Cooking time: 45 minutes Serves: 6-8

Equipment

Cook's knife
Peeler
Large fry pan
Chopping board
Measuring cups and spoons
Large saucepan
Masher
Grater
Pie dish
Fork

Skills

Mashing
Cooking with fry pan
Browning in oven
Peeling & chopping large vegetables

New Vocabulary

iodised salt
edam cheese
reduced fat
boil
simmer
canola
transparent

Ingredients

5 large potatoes
2 tablespoons of canola oil
1 onion, chopped
3 cloves of garlic, crushed or chopped
750 grams, lean beef mince
1 heaped tablespoon plain flour
3 cups frozen mixed vegetables of your choice
2 cups milk, low fat
½ cup grated cheese, low fat (optional) for sprinkling
iodised salt and pepper

Method

1. Preheat oven 170°C.
2. Wash, peel and chop potatoes and boil (stove or microwave) for mash topping.
3. Meanwhile in a large frying pan heat oil.
4. Turn the heat down.
5. Add chopped onions and gently fry until transparent.
6. Add garlic and continue to cook for 1 minute.
7. Add mince with a pinch of salt and some pepper and cook until browned. (Break the mince up into pieces using a wooden spoon as you cook)
8. Once brown, sprinkle with plain flour over the mince to thicken the juices and mix through.
9. Then add ¼ of a cup of water.
10. Add vegetables to the mince.
11. Mix mince and vegetables together and place in a 2litre dish.
12. Once potatoes are cooked, mash with 1 tablespoon cheese and about ½ cup milk then add salt and pepper to taste.
13. Place mashed potato over mince pressing down with a fork.
14. Grated Edam cheese, which has 25% less fat, may be added on the top.
15. Bake at 170°C for 30 minutes or until golden brown.