



The AUS-ISH CHOW
By TLE
Rebinsons



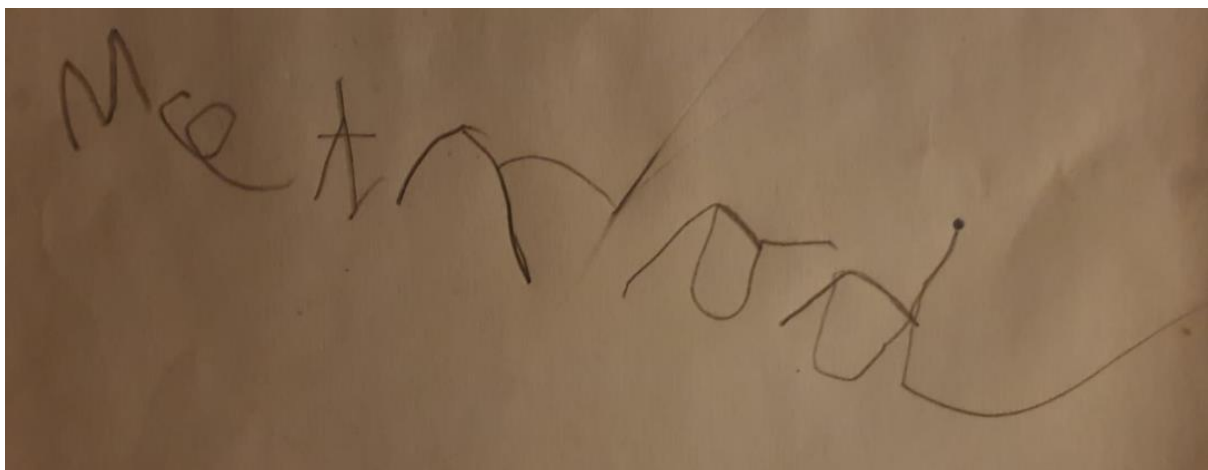
Mixed Jervas

Ingredients

| | | |
|--|-------------------------------|--------------|
| 500 g Mince | Chopped Celery | Curry Powder |
| Shredded Cabbage | Chopped Onion | Green Beans |
| Sliced Carrots | Couple of tablespoons of Rice | Frozen peas |
| Sliced Zucchini (Australian for Courgette) | Packet of Chicken Noodle Soup | Garlic |

Aside from the mince everything else is as much or as little as you want. You can also add in other vegetables according to your taste buds!





Method

Prepare all the vegetables and then pre-heat the electric frying pan.



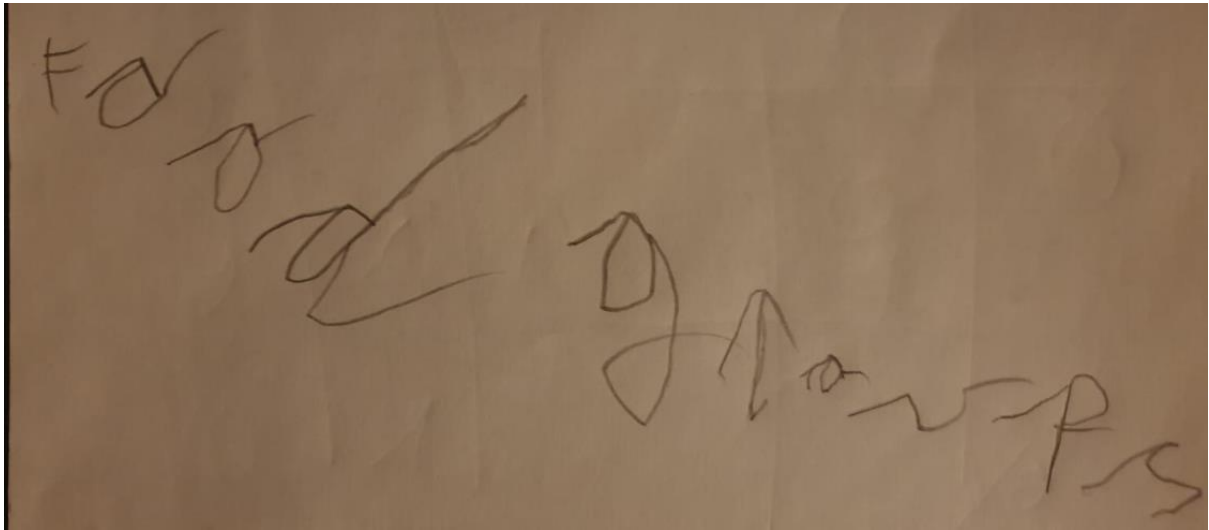
Brown the mince and add onion and garlic



Add remaining ingredients and water and cook for 20-30 mins.







Food Groups

Vegetables – lots and lots of vegetables. You can use as much vegetables as you want! We used 7 different types of vegetable (cabbage, carrots, onion, green beans, peas, zucchini, celery)

Fruit – no fruit used in this recipe

Protein – lean mince with the fat drained off

Grains – some rice and noodles in the chicken noodle soup. Can also serve with rice

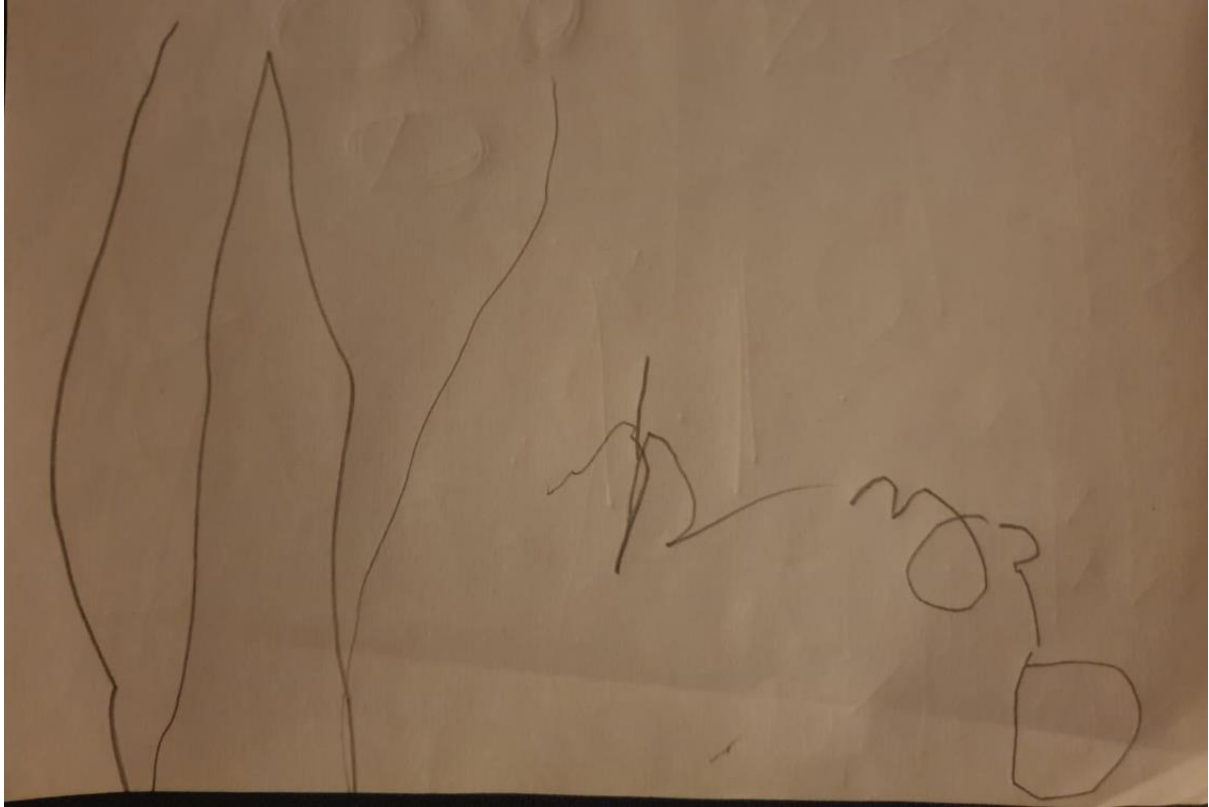
Dairy – no dairy used in this recipe.

What We think of this dish

“I think this is yummy because it is delicious and it is a healthy meal”. Finn

“It was really, really, really good and I loved it”. Josie





Why

We chose this recipe because our Daddy is Australian and this is a dish that he used to have quite often as a kid back in the 80's. It is cooked in a square electric frying pan which is very Australian. Whilst it may not seem very Australian this dish represents the influence of other cultures on the local cuisine with this being the Australian take on it.

To support our Irish heritage we added some cabbage to the recipe.

We had great fun making it together.

We all did some typing and Josie (Cherry class) did the headings for each paragraph.



Finn (Yew) came up with the name and wrote it out. We all worked together as a family to prepare and cook the recipe.

Hope you enjoy!