

Savoury mince in lettuce cups

Ingredients

Serves 2

1 tablespoon oil
200 grams beef mince
½ onion, diced
1 carrot, diced
1 stalk celery, diced
1 clove garlic, crushed
½ beef stock cube
2 teaspoons vinegar
2 (or 4) iceberg lettuce cups, washed
parsley and sliced red capsicum to garnish
(optional)

Method








1. Heat oil in large frying pan over medium heat.
2. Add mince and stir fry until brown on all sides, then remove from pan.
3. Turn down heat and add onion, carrot and celery.
4. Stir fry until soft. Remove from heat.
5. Add garlic, stock cube, vinegar and browned beef mince.
6. Stir fry for 5 minutes. Remove from heat.
7. Spoon equal amounts into lettuce cups. Garnish with parsley and capsicum (if using) and serve.

Serving suggestions

- Use mixture in a wrap.
- Serve over wholemeal toast.



Equipment

-  Cutting board and knife
-  Kitchen scales
-  Large frying pan
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Wooden spoon

Preparation and cooking skills

Brown, dice, prepare and cook raw meat, simmer, stir, stir fry.

Nutrition

- Lean beef gives our bodies protein, iron and B-vitamins which help you to grow, build strong muscles and stop you from getting sick.
- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.

Lesson 5:

Time management

Savoury mince in lettuce cups

We are learning to:

- use seasonal vegetables to make a healthier food product
- use food preparation and cooking skills
- work together as a team
- manage time effectively
- evaluate a food product.

Success criteria: “I am successful when I can...”

- select seasonal vegetables to make a healthier mince dish
- dice and stir fry vegetables
- prepare and cook raw meat
- work with my team to make a healthier mince dish safely, within time constraints.



Evaluate the outcome:

What went well?

What did not go well?

What could be improved?

Timeline activity

In the food industry, time management and sustainability are very important. Good planning saves money and time, and improves the quality of food products.

Complete the **food production timeline** for today's food product.



Recipe: *Vegetable rice paper rolls*

Total time: *1.5 hours*

Date: _____





Time	Task	Student/s
e.g. 10:00-10:05 (5min)	e.g. Hygiene procedures (wash hands, clean surfaces/equipment, aprons)	All
<i>10:05-10:10 (5min)</i>	<i>Set up equipment: bowls, cutting board and knife, measuring cups, measuring spoons</i> <i>Collect ingredients</i>	<i>Ariana, Caleb</i> <i>Jo, Wiremu</i>
<i>10:10-10:30 (20min)</i>	<i>Prepare vegetable fillings</i>	<i>All</i>
<i>10:30-10:50 (20min)</i>	<i>Select fillings and make three spring rolls each</i> <i>Place on serving plates</i>	<i>All</i>
<i>10:50-10:55 (5min)</i>	<i>Begin cleaning up, e.g. stack dirty equipment by the sink, clean benches</i> <i>Set up table for eating</i>	<i>Ariana, Caleb</i> <i>Jo, Wiremu</i>
<i>10:55-11:10 (15min)</i>	<i>Serve meal, sit and eat together</i>	<i>All</i>
<i>11:10-11.30 (20min)</i>	<i>Finish cleaning up, e.g. equipment, serving dishes, benches</i>	<i>All</i>

Sensory evaluation

Sensory evaluation uses sight, smell and taste to give feedback on food products.

My food product:

1 **Select or circle** the words below that describe your food product.

 Appearance		 Taste/flavour		 Aroma/smell		 Texture	
appetising	large	acidic	savoury	cheesy	perfumed	chewy	hard
clean	lumpy	bitter	soggy	fishy	pungent	creamy	liquid
colourful	messy	bland	sour	floral	rotten	crisp	moist
dull	rough	citrus	spicy	fragrant	scented	crumbly	mushy
fizzy	round	fruity	strong	fresh	stinky	crunchy	slimy
flat	rustic	mild	sour	herby	sweet	dry	smooth
fresh	smooth	rich	tangy	musty		firm	soft
golden	stringy	rotten	tart			flaky	sticky
		salty	weak			fluffy	

2 **Rate your food product** using the scale below. **Select or circle** the number that best describes your response.

				
I really don't like it	I dislike it slightly	I neither like nor dislike it	I like it slightly	I really like it
1	2	3	4	5

3 What could you do differently to improve the rating of your food product next time?

.....

Iceberg Lettuce

Available

All year round.

Buy

Clean, crisp leaves.

Store

In plastic bags in the fridge.



Prepare



Remove the core.



Wash to remove soil.



Cut in half.



Break into pieces.

Cook

Can be:



Shredded salad



Chopped salad



Leaf cups



Vegetable and bean burgers

(serves 4)

Ingredients

- 1 can butter beans, drained and rinsed
- 2 carrots, grated
- 2 courgettes, grated
- 1 clove garlic, crushed
- 2 eggs
- ½ cup dry breadcrumbs
- 1 tablespoon oil
- 4 wholemeal burger buns
- 4 tablespoons tomato sauce
- 1 lettuce
- 2 tomatoes, sliced

Method



1 Mash beans. Add grated carrots, courgette, garlic, eggs and breadcrumbs. Mix well.



2 Heat oil in frying pan over medium heat. Spoon mixture into pan a few at a time. Mixture makes 8 patties.



3 Cook on both sides until golden brown and cooked through.



4 Serve on burger buns with tomato sauce, lettuce and tomato.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes



My Family Food

Easy, fast and affordable food ideas

Mince



Buy

'Lean' or 'prime' mince are usually lower fat choices.

Store

Store mince covered in the refrigerator.

Prepare



Place the mince in the frying pan.



Cook the mince until brown.



Drain the fat from the pan and throw away.

Tip Place a little oil in the frying pan and heat before adding the mince.

Cook

Can be:



Bolognese sauce



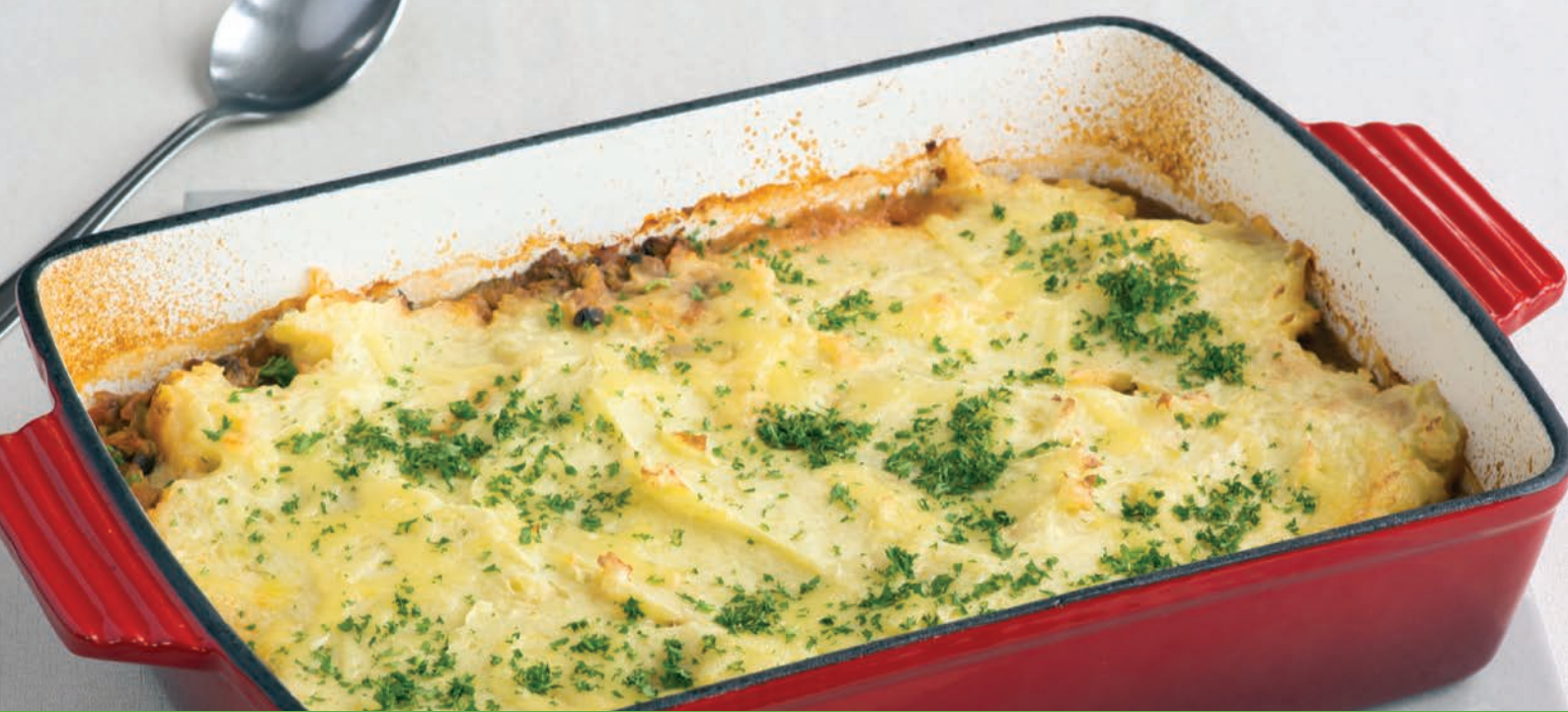
Meatloaf



Meatballs



Stew



Cottage pie

(serves 4)

Ingredients

4 potatoes, peeled and chopped
½ cup milk
1 tablespoon oil
1 onion, finely chopped
2 carrots, finely chopped or grated
500 grams beef mince
1 cup chopped mushrooms
2 courgettes, finely chopped or grated
1 can chopped tomatoes or 4 tomatoes, chopped
½ cup water
2 tablespoons tomato sauce
¼ cup grated cheese (optional)
Parsley for garnishing

Method



1 Boil the potatoes until soft. Drain and add the milk, then mash.



2 Heat oil, onions and carrots in a pan. Cook for 5 – 10 minutes. Add the mince and brown.



3 Add mushrooms, courgettes, tomatoes, water and tomato sauce. Mix and simmer for 20 – 25 minutes.



4 Place mince mixture in a baking dish. Spread potato over the top, sprinkle with cheese. Bake at 200°C for 20 – 30 minutes.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes



My Family Food

Easy, fast and affordable food ideas

Carrots



Available

All year round.

Buy

Choose carrots that are firm and bright orange.

Store

In plastic bags in the fridge.

Prepare



Wash and trim ends, peel if required.

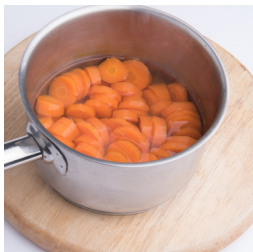
Can be:



Whole, sliced, grated, chopped into sticks, diced

Cook

Can be:



Boiled



Steamed



Stir-fried



Eaten raw

Other suggestions:

Roasted
Microwaved
Mashed



Carrot, chicken and corn soup

(serves 4)

Ingredients

8 cups water
1 teaspoon stock powder
2 large carrots, diced
1 cup brown rice
1 large onion, finely chopped
2 corn on the cob, cooked and kernels removed (or 2 cups frozen corn kernels)
1 cup cooked chicken, shredded
parsley, chopped

Method



1 Place water and stock in a large saucepan.



2 Add the carrots, brown rice and onion. Cook for 30 minutes until rice is soft.



3 Add corn and chicken and cook for 5 minutes, add extra water if required.



4 Sprinkle with parsley to serve.

For more easy, fast and affordable food ideas visit myfamily.kiwi/foods or vegetables.co.nz



My Family Food

Easy, fast and affordable food ideas

Onions



Available

All year round.

Buy

Choose onions with firm flesh and dry papery outer skin
Red, pink and white varieties are available.

Store

In a cool, dark place with good air flow.

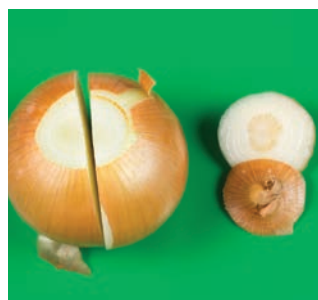
Prepare



Whole brown onion.



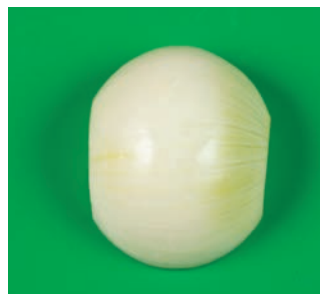
Cut the top and root off the onion. Cut as close as you can to the onion root.



Cut the onion through the middle.



Peel off the papery layers and discard.



Lay the onion flat on a board.



Hold the root end and cut vertically through the onion.



Hold the slices firmly together and cut down across them.



Cut close together for a fine dice or further apart for a large dice.



Bean sprout, onion and cabbage fritters (serves 4)

Ingredients

8 eggs
2 onions, chopped finely
¼ cup flour
4 cups bean sprouts
4 cups cabbage, shredded finely
1 cup cooked meat, diced finely (optional)
4 tablespoons oil

Method



1 Mix together the eggs, onions, flour and bean sprouts.



2 Add the cabbage and meat. Mix well.



3 Heat oil in a large frying pan. Spoon a quarter of the mixture into the middle of the pan.



4 Cook slowly on each side until golden brown and cooked through. Serve.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes