



KI-SI-MIN (SERVES 4)

INGREDIENTS

500g beef mince

1 teaspoon chicken stock
(salt reduced, if available)

1 carrot (finely diced)

1 onion (finely diced)

1/2 cabbage (chopped)

400g can green beans
(drained)

1 teaspoon curry powder

Canola spray oil

3 cups water

1 1/2 cups rice, (brown, if available)

UTENSILS

Clean paper towel or cloth

Chopping board

Knife

Measuring cups

Large saucepan with lid

Wooden spoon

Can opener

Teaspoon



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OPTIONS

- You can use canned vegetables, finely chopped fresh vegetables, or frozen vegetables in place of green beans if desired.

METHOD

1. Wash and dry vegetables thoroughly. To do this rinse vegetables well with cool water, being sure to remove any dirt or residue. Pat dry using a clean paper towel or cloth.
2. Finely dice the onion and carrot.
3. Spray a large saucepan with canola oil and heat on medium.
4. Add onion to the saucepan and gently fry until lightly browned.
5. Add mince to the saucepan stirring regularly to break up the mince. Cook for approximately 6 to 10 minutes or until browned. Stir through the chicken stock and curry powder and cook for 1 minute.
6. Add the carrot and rice to the saucepan along with 3 cups of water and stir through.
7. Add the canned beans and cabbage to the saucepan and stir. If the mixture appears too thick add a small amount of extra water and stir.
8. Cover the saucepan with a lid, reduce the heat and simmer, stirring occasionally. Cook until the vegetables are soft and the rice is cooked through.
9. Once cooked spread the mixture in to four bowls to serve.

FOR MORE INFORMATION

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