



# Little Chef's Faves



Check out these nutritious meals, made by our Service Chef and enjoyed by the children at Simba Education.



## COOKING CLASSES

Explore our engaging cooking classes included in Simba Education's curriculum, where students learn to create nutritious meals inspired by seasonal ingredients. Led by experienced chefs, these classes emphasise hands-on experience and healthy eating habits.



## VEGGIE POWERED BEEF SPAGHETTI BOLOGNESE

Shopping List (Serves 4-6)

- ☐ Olive oil 1 tbsp (20mL)
- ☐ Brown onion, finely diced 1
- ☐ Garlic, minced 1 tsp
- ☐ Carrot, grated 1
- ☐ Celery, diced 2 stalks
- ☐ Zucchini, grated 1
- ☐ Beef mince 600g
- ☐ Tomato paste, salt reduced 40g
- ☐ Dried oregano 2 tsp
- ☐ Passata sauce 600g
- ☐ Vegetable stock, salt reduced (or use water) 250mL
- ☐ Canned brown lentils, drained and rinsed 200g
- ☐ Pasta\* 350g
- ☐ Cheese, grated to serve\* (Optional)

Allergens (\*):

Wheat-free and/or Gluten-free: Substitute pasta for a gluten-free pasta.

Dairy-free: Omit or substitute with a calcium-fortified dairy-free cheese.

Vegetarian option: Lentil Veggie Power Spaghetti Bolognese

Follow recipe above & replace beef with added canned lentils or kidney beans.

### METHOD

1. Heat oil in a large frying pan over medium heat. Add beef to the pan and cook until browned. Set aside.
2. Add onion, garlic, carrot, celery and zucchini to the pan and cook, stirring until the onion is tender.
3. Add mince back to the pan and cook until the meat starts to brown.
4. Add tomato paste and oregano to the pan. Cook for a couple of minutes.
5. Add passata sauce, stock and canned lentils. Reduce heat to medium-low. Cook covered, stirring occasionally, until the sauce has thickened slightly. Taste and adjust accordingly.
6. Cook pasta according to packet instructions.
7. Mix pasta and meat mixture and option to sprinkle with cheese to serve.

## LAMB, COCONUT & LENTIL STEW WITH COUSCOUS

Shopping List (Serves 4-6)

- ☐ Olive oil 1 tbsp (20ml)
- ☐ Brown onion, finely diced 1
- ☐ Garlic, minced 1 tsp
- ☐ Ground cumin 1 tsp
- ☐ Ground turmeric 1 tsp
- ☐ Ground cinnamon 1 tsp
- ☐ Lamb, diced 600g
- ☐ Canned diced tomatoes 400g
- ☐ Canned coconut milk 300mL
- ☐ Lentils, canned, no added salted, drained & rinsed 400g
- ☐ Pearl Couscous or wholemeal couscous\* 300g
- ☐ Carrot, diced 2
- ☐ Frozen peas ½ cup
- ☐ Butternut pumpkin, peeled and chopped 300 g

Allergens (\*):

Wheat-free and/or Gluten-free: Use gluten-free couscous or replace with brown rice or gluten-free pasta.

Vegetarian option: Chickpea, Lentil & Vegetable Stew with Couscous

Follow the recipe above and replace Lamb with chickpeas.

### METHOD

1. Heat olive oil in a large saucepan over medium heat. Once hot, add the onion and garlic and sauté for 3-5 minutes, or until softened.
2. Add stir in the cumin, turmeric, and cinnamon. Cook for 1 minute, until fragrant.
3. Brown the lamb by adding the diced lamb to the pan. Stir occasionally and cook until browned on all sides.
4. Simmer the stew by adding the canned tomatoes, coconut milk, and lentils. Stir well, bring to a boil, then cover with a lid, reduce heat, and let it simmer for 20 minutes. (If the stew needs more liquid, add a small amount of water or stock instead of extra coconut milk.)
5. Cook the pearl couscous according to packet instructions while the curry is simmering.
6. Add vegetables by stirring in the diced carrots, peas, and pumpkin. Continue to simmer until the vegetables are tender.
7. Serve warm by plating the lamb stew alongside the cooked pearl couscous.

## Our Offering



Nutritious, seasonally inspired menus created by a dietitian, featuring a 4-week rotating cycle prepared fresh on-site by our service chef.

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