

Bushman Rolls

Food Foundations • another NAQ Nutrition program

Ingredients:

- 2 onions, diced
- 2 carrots, peeled and finely diced
- 2 zucchinis, grated
- 200g green beans, ends removed and cut in small pieces
- 2 x 300g can corn kernels, drained
- Olive oil spray
- 1kg lean beef mince
- 2 tablespoons dried mixed herbs
- 2 tablespoons tomato paste
- 4 tablespoons Worcestershire sauce
- 15 long wholemeal bread rolls, to serve (or 30 dinner rolls)



Method:

1. Chop up all vegetables – onions, carrot, grate zucchini and drain tinned corn
2. Spray frying pan, add onion and cook until soft.
3. Add mince, cook until browned.
4. Add vegetables and dried herbs, cook until soft.
5. Stir in tomato paste and Worcestershire sauce.
6. Cut bread rolls down the middle but be careful not to cut them all the way through.
7. Spoon mixture into the roll and serve warm.

Serves: 15 (or 30 if using dinner rolls)

Food Group	Serves provided per portion (for 30 portions)
Grains and Cereals	1
Vegetables and legumes	0.8
Lean meat and alternatives	0.5