

## Ingredients

### Serves: 20

- 2 tbsp olive oil
- 1kg beef mince
- 2 onions, diced
- 3 tbsp curry powder
- 2 carrots, diced
- 2 zucchini, diced
- 2 red capsicum, diced
- 400g can crushed pineapple in natural juice
- 2 apples, grated
- 1L beef stock (salt reduced)
- 3 tbsp red wine vinegar
- 1 tbsp brown sugar
- 700g rice



## Method:

1. Heat oil in frypan and cook mince and onion for 3-4 minutes.
2. Add curry powder and cook for 2 minutes, stirring.
3. Add all remaining ingredients (except for rice) and bring to the boil. Simmer for 20 minutes until vegetables are softened and most of the liquid has reduced, stirring occasionally.
4. While curry is simmering, cook rice according to packet directions.

## Note:

- *Other vegetables can be substituted into this recipe dependant on seasonal availability.*

| Food Group                 | Serves provided per portion |
|----------------------------|-----------------------------|
| Vegetables                 | 0.8                         |
| Fruit                      | 0.2                         |
| Grain foods                | 1                           |
| Lean meat and alternatives | 0.5                         |