

Corned silverside fry-up



Ingredients

Serves 4

1 tablespoon oil

1 onion, finely chopped

4 cups cooked, chopped root vegetables, e.g. kumara, potato, carrot, taro

2 cups cooked, chopped corned silverside

¼ cabbage, diced

2 tomatoes, sliced







Method

1. Heat oil in a large frying pan over low heat.
2. Add onion and cook until soft.
3. Add root vegetables and stir fry until brown on all sides.
4. Add corned silverside and mix gently.
5. Once the corned silverside is warmed through, add the diced cabbage and cook until cabbage is soft, stirring occasionally.
6. Add tomatoes, cook until steaming.
7. Remove from heat and serve.

Tips

- Chop the vegetables into bite-size pieces before measuring.
- Remember to wash cutting boards after each task.

Equipment

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

Preparation and cooking skills

Brown, chop, dice, mix, slice and stir fry.

Nutrition

- Corned silverside is popular in the Pacific Islands.
- It is important to choose leaner cuts of meat such as corned silverside instead of salted fatty brisket.
- Eating mostly whole and less-processed foods helps you get the right nutrients to learn and grow.