

Cheesy Tomato Rice Bake with Mince

Influenced by Mediterranean cuisine, this dish is packed full of delicious, tender mince and fresh, seasonal vegetables. Traditionally used to stuff vine leaves, this adaptation is always popular with the children.



Influence:
Italy/Mediterranean



Serves 10 children



55 minutes

INGREDIENTS

Rice, dry 100g ($\frac{1}{2}$ C)

Oil, olive 10ml ($\frac{1}{2}$ T)

Onion, chopped 40g ($\frac{1}{2}$ medium)

Garlic, chopped 5g (1 clove)

Beef, mince, low-fat 500g (2 C)

Mixed vegetables (peas and corn),
frozen 280g (2 C)

Tomato, diced, canned (no added
salt or salt reduced) 400g (1 can)

Tomato paste, no added salt 25g (1 T)

Beef, stock, powdered 1g (1 t)

Mixed herbs, dried 1g (1 t)

Cheese, cheddar, grated 150g (1 $\frac{1}{2}$ C)

DIRECTIONS

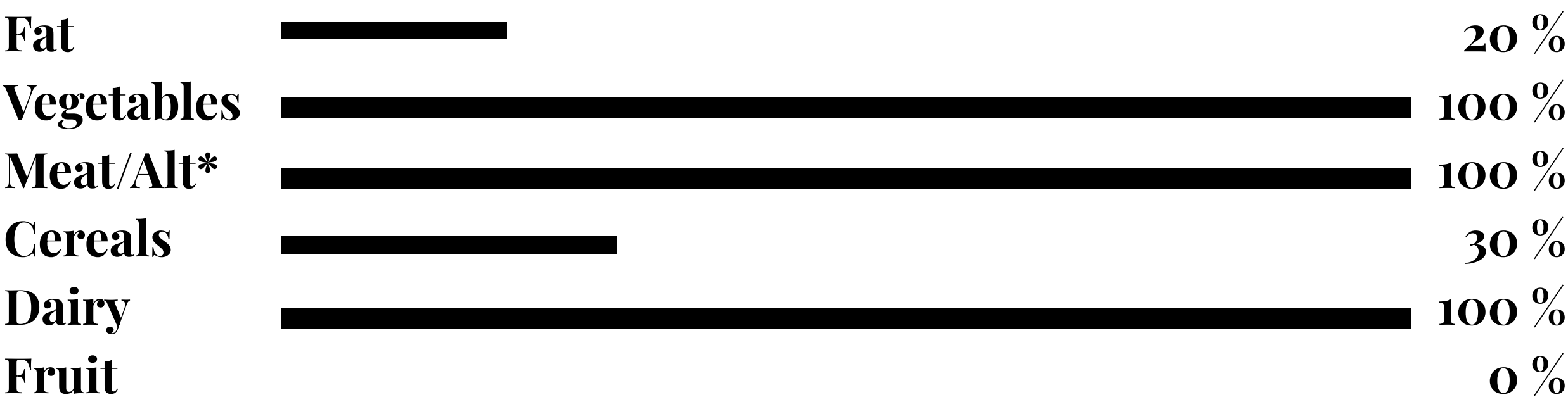
1. Preheat oven to 180°C.
2. Cook rice and set aside to cool.
3. Heat oil in fry pan and sauté onion and garlic until tender. Add mince and brown.
4. Add mixed vegetables, stock and canned tomatoes, tomato paste and herbs. Bring to boil.
5. Add in cooked rice and stir.
6. Pour the mixture into a lasagne dish and sprinkle with grated cheese.
7. Bake for approximately 20 minutes until cheese is melted and vegetables are tender.

Allergy Information

Contains: cow's milk protein.

Some stock powders, cubes and liquids contain what and/or soy.

Childcare RDI Calculator:



* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services