

Ooray Kangaroo with Lemon Myrtle Rice

An Australian Indigenous fusion dish, adapted from John R King to incorporate meat and vegetables served with rice to keep children interested in different foods and flavours.



Influence: Indigenous



Serves 10 children



50 minutes

INGREDIENTS

Plums, cut 200g (4 large)

Water 125ml ($\frac{1}{2}$ C)

Kangaroo, thinly sliced or gravy
beef 400g

Rice (cooked in 2 C water and
retain liquid from draining) 100g
($\frac{1}{2}$ C)

Lemon myrtle leave 55g (6 myrtle
leaves)

Oil, canola 20ml (1 T)

Garlic, freshly chopped 10g (2
cloves)

Evaporated milk with coconut
essence 440ml (1 can)

Sugar, raw 30g (1 $\frac{1}{2}$ T)

Flour- plain/rice/potato 20g (1 T)

Seasonal vegetables 500g (3 $\frac{1}{2}$ C)

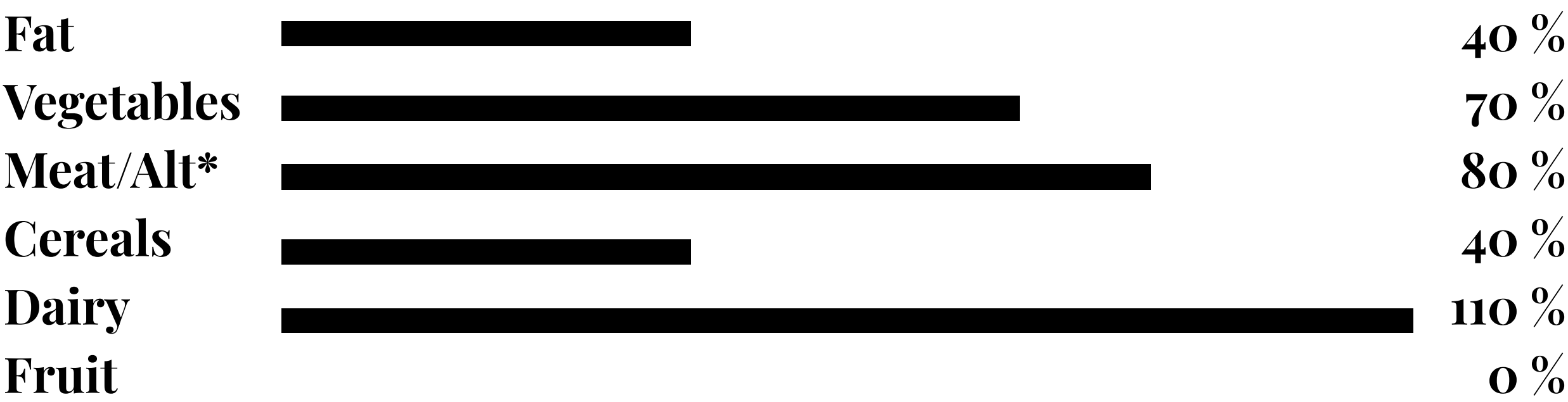
DIRECTIONS

1. Cut the plums and simmer in water for 5 minutes and allow to cool when the plums are cool press into a strainer collecting the juice in a saucepan.
2. Thinly slice kangaroo or gravy beef and add to the plum juice to marinate for a couple of hours or overnight (covered).
3. In a separate saucepan boil rice and add to the lemon myrtle leaves.
4. Bring to the boil and simmer for 15 minutes.
5. Drain rice in a colander and reserve rice water.
6. Add the oil to a wok, heat and start stir-frying the drained kangaroo or beef.
7. In a separate saucepan combine marinade or rice water, reduce down on high heat to 1 cup of liquid.
8. Reduce heat and simmer.
9. When reduced add garlic, coconut milk and raw sugar.
10. Stir and simmer for a few minutes, and add a mixture of flour and water and prepared vegetables, stir and simmer a few more minutes until sauce thickens and vegetables are cooked.
11. Place Lemon Myrtle Rice on plates and serve with kangaroo and vegetable mixture.

Allergy Information

Contains: cow’s milk protein.
Some non-wheat flours contain 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