

Healthy Hamburgers

Mince beef (kg)



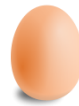
Onion



Mixed veg bag (500g)



Egg (Raw)



Plain flour



Lettuce



Tomato



Cheese



Beetroot



20 people	2kg	4	1 bag	4	3 cups	1	7	20 slices	2 tins
30 people	2.5kg	5	1.5 bags	6	4 cups	1.5	9	30 slices	2.5 tins
40 people	4kg	8	2bags	8	6 cups	2	14	40 slices	4 tins
50 people	4.5kg	9	2.5bags	10	7 cups	2.5	16	50 slices	4.5 tins

Serve with











Method:

1. Slice vegetables and gather all ingredients
2. Mix mince, egg, onion, mixed vegetables in a bowl
3. Roll mince mixture into palm sized balls
4. Roll in flour
5. Bake or fry patties until brown
6. Serve on bread or burger bun with lettuce, tomato, beetroot and cheese.



Healthy Pizza Breads











	Ham	Shredded cheese bag 500g	Capsicum	Corn	Onion	Tomato	Bread slices	Tomato paste
								
20 people	1.5kg	1 bag	3	2 tins	4	5	20 slices	1 spoon each
30 people	2kg	1.5 bags	4	3 tins	5	7	30 slices	1 spoon each
40 people	3kg	3 bags	6	4 tins	8	10	40 slices	1 spoon each
50 people	3.5kg	4 bags	7	5 tins	9	12	50 slices	1 spoon each

Method:

1. Slice ham in thin small slices
2. Cut all vegetables in small diced squares
3. Toast bread
4. Spread a layer of tomato paste on top of each slice of bread
5. Layer shredded cheese on top of tomato paste layer
6. Add even amounts of ham, onion, capsicum, corn and tomato on top
7. Grill or bake all slices in the oven until cheese is melted
8. Serve



Chicken and Vegetable Curry

	Chicken	Potato	Carrot	Onion	Zucchini	Curry Powder	Coconut Milk	Capsicum	Water	Rice
										
20 people	2.5kg	5	4	4	4	3 spoons	2	2	2.5	10 cups
30 people	3.5kg	7	6	6	6	4 spoons	3	3	3.5	15 cups
40 people	5kg	10	8	8	8	5 spoons	4	4	5	20 cups
50 people	8.5kg	16	15	15	15	15 spoons	7	7	8.5	35 cups

Method:

1. Gather all ingredients
2. Chop all vegetable and chicken into small pieces
3. Cook chicken, onion, potato, carrot until chicken is white in colour
4. Add coconut milk and water and stir
5. Add curry powder and mix together
6. Add other vegetables to the mixture
7. Cook rice in boiling water so water covers rice mixture
8. Serve curry with rice

