

Roo Ragu

Season: NAIDOC Week Celebrations

Serves: 40 tastes

Fresh from the garden: celery, zucchini, spring onions

Equipment:

Chopping boards

Knives

Grater

Peeler

Measuring jug and spoons

Fork

Medium mixing bowl

Large frying pan

Large saucepan

2 Wooden spoons

Ingredients:

2 onions, finely chopped

Olive oil

3 cloves garlic, finely chopped or crushed

2 large spring onions, thinly sliced

2 carrots, finely chopped

2 sticks celery, finely chopped

1 zucchini, grated

1kg kangaroo mince

1 beef stock cube

4 tins crushed or chopped tomatoes

1 tablespoon tomato paste

1 sprig rosemary, finely chopped

1 teaspoon mountain pepper leaf

Freshly ground salt

What to do:

1. Prepare all ingredients as instructed in the ingredients list.
2. Heat 2 tablespoons of olive oil over a medium heat in the large saucepan. Add onions and cook for about 5 minutes until softened. Add the spring onion and garlic, cook briefly then add the carrot, celery and zucchini. Continue cooking for another 5 minutes, stirring occasionally.
3. Add the stock cube to 250ml hot water and stir with the fork until the cube is broken up and dissolved. Set aside until needed.

4. Heat the frying pan over a high heat, then add 2 tablespoons olive oil. Fry the kangaroo mince until sealed and lightly browned. Add the mince to the large saucepan. Deglaze the pan with the stock then pour liquid into the saucepan with the other ingredients. Deglazing means to add liquid to a pan that you have been cooking in. The liquid boils and releases all the tasty bits stuck to the bottom of the pan.
5. Add tinned tomatoes, tomato paste, herbs, salt and pepper and stir until well mixed.
6. Turn up the heat, bring to the boil, then reduce heat and simmer until serving time (hopefully a minimum of 20 minutes!).