

VEGETABLE RAGU

From our garden: turnip, kale, marjoram, thyme, fennel fronds,

NOTES TO STUDENTS and VOLUNTEERS:

1. Please focus on your chopping skills.
2. Please prepare the recipe in the order as outlined below to ensure it is cooked within the allocated time.

Equipment

- Colander
- Chopping board
- Large knife
- Vegetable peeler
- Can opener
- Large Saucepan with lid
- Wooden spoon
- Scissors
- Large mixing bowl
- Small mixing bowl
- Serving bowls
- Serving spoons

Ingredients

- 2 potatoes
- ¼ pumpkin
- 1 turnip
- 1 carrot
- 1 onion
- 2 tablespoons olive oil
- 1 can four bean mix
- 1 large can crushed tomatoes
- Handful of beans
- Handful of broccoli
- Bunch kale
- Small bunch marjoram
- Small bunch thyme
- Fennel fronds for garnish

What to do:

- Peel and finely chop the onion. Set aside in the small mixing bowl.
- Peel and chop the carrot, turnip, potatoes and pumpkin into small pieces. Place in a large mixing bowl.
- Heat the oil in a large heavy-based saucepan over medium heat.
- Add onion. Cook, stirring, for 3 to 4 minutes or until onion has softened.
- Add all the vegetables from the large mixing bowl (carrot, turnip, potatoes and pumpkin). Cook, stirring, for 1 minute or until combined.
- Open the can of four bean mix and drain the juice in a colander.
- Add the bean mix and chopped tomatoes (and juice) to the saucepan. Cover. Reduce heat to low. Cook, stirring occasionally, for 20 minutes or until vegetables start to soften.
- While the vegetables are cooking trim the beans and set aside in the large mixing bowl.
- Wash and roughly chop the kale. Add to the large mixing bowl.
- Wash and roughly chop the broccoli. Add to the large mixing bowl.
- Pick, wash and roughly chop the herbs (marjoram and thyme). Add to the large mixing bowl.
- Add the kale, broccoli, beans, marjoram and thyme to the saucepan. Stir to combine and place on the lid. Cook for a further 10 minutes.
- Pick the fennel fronds, wash and roughly chop.
- Divide into serving bowls and garnish with chopped fennel fronds.