

# Chilli



Enough food for 2 meals



This is a healthy meal  
It can help you stay healthy

# Food you need



15ml Measuring  
spoon of  
vegetable oil



1 Onion



2 Cloves  
garlic



1 Green  
pepper



6 Mushrooms



About 250g  
minced beef



1 Tin chopped  
tomatoes



1 Beef  
stock cube



15ml Measuring  
spoon chilli  
powder



1/4 Measuring  
cup tomato puree



1 Tin of  
kidney beans



15ml Measuring  
spoon cumin



If you can't find something, ask  
the staff in the shop to help you



# Things in the kitchen you need



Electric cooker



Chopping knife



Big pan



Chopping board



Tin opener



Plastic box with lid



Garlic crusher



Digital timer



1/4 Measuring cup



Mixing spoon



Colander with holes in



15ml Measuring spoon



Wash and dry hands



Before you start cooking;

Get out all of the food you need.

Get out all of the things you need to cook with



Get the **15ml** measuring spoon



Put 1 spoon of oil in pan



Wash the pepper



Wash the mushrooms



Put the pepper on the chopping board



Chop the pepper



Put the pepper in the pan



Put the mushrooms on the chopping board



Chop the mushrooms



Put the mushrooms in the pan





Put the onion on the chopping board



Peel and chop the onion



Put the onion in the pan



Wash and dry hands after touching the onion

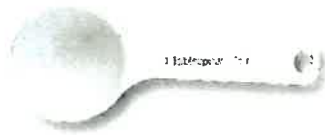


Get 2 garlic cloves

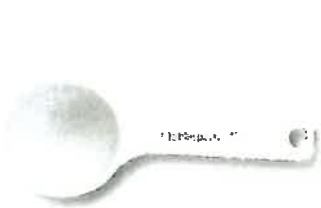
Crush the garlic cloves



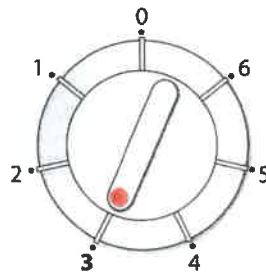
Put the crushed garlic in the pan



Get the **15ml** measuring spoon



Put 1 spoon of cumin into the pan



Put the pan on the hob

Turn hob to 3



04:00

Set the digital timer for **4 minutes**



Stir everything in the pan

Keep stirring until the timer makes a noise



When the timer makes a noise



Put all the mince in the pan



Wash and dry hands after touching the mince



04:00

Set the digital timer for **4 minutes**



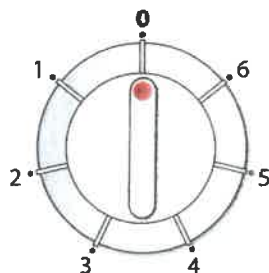
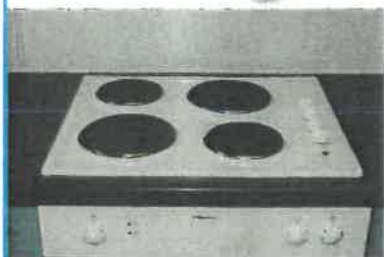
Stir everything in the pan

Keep stirring until the timer makes a noise





When the timer makes a noise



Turn **off** the hob



Open the tin of tomatoes



Put the tomatoes in the pan



Get the **15ml** measuring spoon



Put 1 spoon of chilli powder in the pan



Get a **1/4** measuring cup



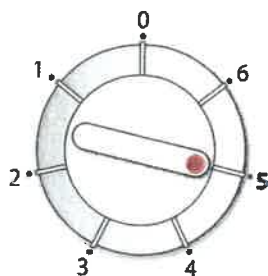
Fill the measuring cup with tomato puree



Put the tomato puree in the pan



Put 1 beef stock cube in the pan



Put pan on the hob

Turn hob to 5



04:00

Set the digital timer for  
**4 minutes**

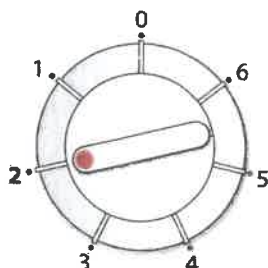


Stir everything in the pan

Keep stirring until the  
timer makes a noise



When the timer makes a noise



Turn hob to 2





20 00

Set the digital timer for  
**20 minutes**



Come back when the timer makes a noise



When the timer makes a noise



Take the washing up bowl out of the sink



Put the colander in the sink



Open the tin  
of kidney beans



Put the kidney beans  
in the colander

Let the water go  
into the sink



Put the kidney beans in the pan



10 00

Set the digital timer for  
**10 minutes**

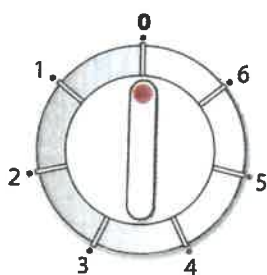
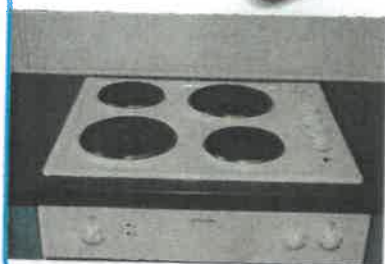


Stir everything in the pan

Keep stirring until the timer makes a noise



When the timer makes a noise



Turn **off** the hob



Chilli is ready to eat



Wash up

Put everything away





When chilli is cold put it in a plastic box with a lid



Put it in the fridge



Eat it tomorrow or put in bin