

Chilli mince and beans loaded fries



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Canola oil	6ml	8ml	10ml
Onion, chopped	60g	80g	100g
Carrot, chopped	42g	55g	70g
Beef mince (lean)	200g	265g	335g
Garlic, crushed	3g	4g	5g
Gravy powder	11g	15g	19g
Water	115ml	150ml	190ml
Canned crushed tomatoes	160g	210g	265g
Corn kernels, frozen	80g	105g	135g
White vinegar	3ml	4ml	5ml
Cumin, ground	2g	2.6g	3.3g
Paprika, ground	2g	2.6g	3.3g
Salt	1g	1.3g	1.7g
Sugar	2.4g	3.2g	4g
Kidney beans, canned	310g	405g	515g
Fries, frozen	1200g	1580g	2000g
Lettuce	150g	200g	250g
Carrot, grated	125g	165g	210g
Sour cream	75g	100g	125g
Edam cheese, grated	100g	130g	170g

Directions

1. Pre-heat oven to 260 degrees Celsius.
2. Heat oil in a large pot.
3. Add onion, carrot, beef and garlic to pot and cook over high heat, mixing and breaking apart regularly.
4. Cook until the liquid from mince has evaporated.
5. Dissolve gravy powder in water and add to beef.
6. Add tomatoes, corn, vinegar, cumin, paprika, salt and sugar and bring to a boil stirring regularly.
7. Drain and rinse kidney beans then add to beef mixture in pot then bring back to the boil.
8. Once boiling and thickened, reduce heat and keep hot until ready to serve.
9. Place fries on roasting trays.



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Special diet substitution ideas

Vegetarian:

- Omit beef and increase quantity of kidney beans.
- Use gelatine-free sour cream.

Vegan:

- Omit beef and increase quantity of kidney beans.
- Use dairy-free gravy powder.
- Use dairy-free cheese.
- Omit sour cream and serve slightly more beans.

Gluten/wheat:

- Use gluten/wheat-free gravy powder.

Dairy:

- Use dairy-free gravy powder.
- Use dairy-free cheese. Omit sour cream and serve slightly more beans.

Halal:

- Use certified halal beef and cheese, gelatine-free sour cream.

Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Chilli beans	74g	98g	123g
Fries	82g	107g	136g
Lettuce	13g	17g	21g
Carrot	13g	17g	21g
Sour cream	7g	10g	12g
Cheese	10g	13g	16g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	198	261	331
Vegetables (g)	56	73	93
Protein food (g)	40	52	66
Grain food and starchy vegetables (g)	82	107	136

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Value canola oil	3L
SB onion diced	1kg
Watties carrots diced	5kg
Kiwi To The Bone beef mince 85cl	1kg
Gilmours garlic crushed in oil	1kg
Maggi wholeness gravy mix gf	2kg
Gilmours tomatoes crushed	2.5kg
Gilmours whole kernel corn	5kg
Gilmours vinegar white	5L
Gilmours cumin ground	500g
Gilmours paprika powder	500g
Pams salt iodised	2kg
Pams white sugar	5kg
Antica Napoli red kidney beans	2.5kg
Gilmours straight cut fries 10mm	3.5kg
Lettuce	Each
Fresh Connection carrot grated	1kg
Tatua sour cream	1kg
Alpine cheese edam grated	5kg

Allergens



gluten, dairy

Disclaimer: Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.

Tips



- For a more affordable option, serve with rice instead of chips.
- To serve without salad, increase quantities of onion, carrot and corn in the chilli beef.