

Heart Foundation
2017 Local
Government
AWARDS
Tasmanian Winner
Councils with populations
10,000–50,000

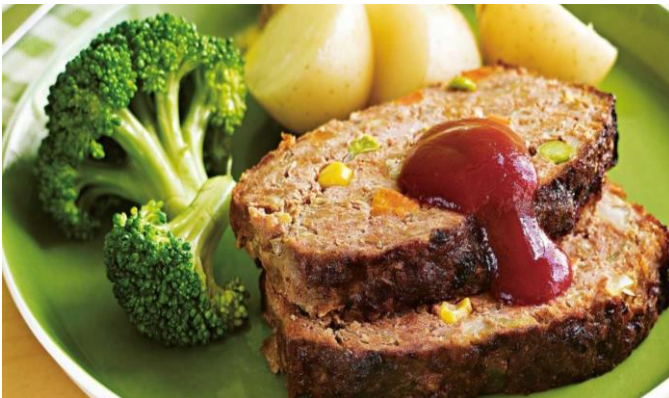
An Initiative of the Central Coast
Local Food Security Strategy

Healthy Food Recipes

Lamb Meatloaf

Serves 6

Being rich in high-quality protein and many vitamins and minerals, lamb mince is recommended as part of a healthy diet.



Ingredients | Method

1 onion, chopped
1 garlic clove, crushed (or powder)
1 tbsp oil
1 kg lamb mince
1 cup breadcrumbs
27g sachet Roast Meat Gravy
1 tbsp chopped fresh rosemary (or herb)
2 tbsp tomato paste
1 egg
Homebrand mixed vegetables, 1 kg
Steamed broccoli
Boiled potatoes

- 1 Preheat oven to 200°C. Fry onion and garlic in oil until soft. Transfer to a large bowl. Cool for 5 mins.
- 2 Add mince, breadcrumbs, gravy mix, rosemary, tomato paste and egg to bowl. Mix well. Add frozen vegetables and mix through.
- 3 Transfer mixture to a six-cup loaf tin and place on a baking tray. Bake for 1 hour until cooked through. Drain off excess liquid. Remove from tin and slice into thick pieces. Serve with boiled potatoes and broccoli.

Recipe courtesy of Australian Red Cross,
attributed to Woolworths Ltd.



Recipe #32 – courtesy of Ulverstone Neighbourhood House and Australian Red Cross

Ulverstone Neighbourhood House brings local people together to address what opportunities or needs exist in their community.

The Council is partnering with the House and the Australian Red Cross to deliver the FoodREDi food education program on Weds from 18 October to 22 November. FoodREDi programs aim to create an enjoyable experience cooking and eating together, and along the way gain an understanding of basic nutrition, food safety and how to eat healthily on a limited budget.

The House regularly receives fruit, vegetables and other supplies that are provided free of charge or at low cost to local residents. Visit the Food Shed on Tues and Thurs between 3pm and 4pm. Phone 6425 4186 for more information.



8-10 Lugana Crescent, West Ulv.
Ph. 6425 4186
Open Mon–Fri | 9:30am–4pm
<https://www.facebook.com/ulverstoneighbourhoodhouse/>



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The Healthy Food Recipes campaign is part of the Central Coast Local Food Security Strategy available for download on the Council Facebook and website at www.centralcoast.tas.gov.au/healthy-food-recipes/ Also see link to Eat Well Tasmania's *What's In Season* guide.

RECIPE #32 | 22 NOV 2017

For more healthy eating, visit www.eatwelltas.org.au