



First Nations recipe - Kangaroo Spaghetti

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients:

- 1 tbsp olive oil
- 600g kangaroo mince
- 500g fresh mushrooms, sliced
- 1 brown onion, diced
- 1 large green capsicum, sliced
- 1 bunch of celery, sliced
- 1 can diced tomatoes
- 4 cups cooked pasta
- 1 tbsp tomato paste
- Parsley to garnish




Method:

1. Heat olive oil in a frying pan
2. Brown mince then add onions, mushroom, celery, capsicum and cook for 10 minutes
3. Add the canned tomato and tomato paste and simmer for 5 minutes
4. Boil the pasta until cooked
5. Serve the mince on top of the cooked pasta and garnish with parsley

Source: Flavours of the coast: Koori cookbook



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Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.