

## Kooking with a koori

Nathan Lyons – a Wiradjuri man – grew up in Sydney's inner west. He was raised by a single mum and they lived on a tight budget.

Nathan began cooking cheap and nourishing dishes when he was young. He learnt them from his mother, nan and aunties.

Now he makes those recipes to feed his own big family of eight but he also share his recipes on TikTok, where his cooking videos have over 2 million likes.

Nathan has shared a couple of his recipes with us that you might like to use as part of an Adult Learners Week event.

Note: People with special dietary needs can replace the meat with plant-based substitutes. Gluten-free flour can be used as well as non-dairy cream.

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with a koori  
#MADFEEDZ**

# Curried sausages

## Ingredients

- 1 large onion
- 2 apples
- 1/4 cup vegetable oil
- 8 beef sausages
- 1 tablespoon curry powder
- 1 tablespoon plain flour
- 2 cups chicken stock
- 1/4 cup raisins
- 1 cup sliced green beans
- 2 tablespoons of cream

## Method

- Peel onion and slice.
- Peel, core and cut each apple into 8 wedges.
- Heat 2 tablespoons of the oil in ya big old favourite saucepan over medium heat.
- Chuck the sausages in and brown all over, remove and set aside.
- Add the remaining oil to pan and cook onion stirring for 3 minutes or until slightly softened.
- Stir in curry powder and flour, mix well. Slowly pour in stock, stirring until sauce boils and thickens.
- Toss apples, raisins and sausages into pan and bring to the boil. Lower heat and simmer for 15 to 20 minutes.
- Stir in beans and cream, cook for 5 minutes. Season to taste with salt and black pepper.



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# Bully beef & rice

## Ingredients

- 3 potatoes
- 2 carrots
- 1 large onion
- 2 cloves garlic
- 2 tablespoons oil
- 340g can corned beef
- 2 cups chopped cabbage
- 2 tablespoons soy sauce

## Method

- Peel potatoes, carrots, onion and garlic. Chop into 1cm pieces.
- Heat oil in a large frypan over a medium heat. Cook onion for 5 minutes or until softened. Stir in garlic, cook for 1 minute.
- Add contents of canned corned beef into frying pan and cook stirring until all the meat, onions and garlic are well mixed.
- Throw in your diced potatoes and carrots and add enough water to almost cover the vegetables. Boil gently for 10 to 15 minutes, or until potatoes are nice and soft. While ya wait, listen to some Charlie Pride.
- Lastly chuck in your diced cabbage. Cook for another 5 minutes or until cabbage is tender. Season well with salt and pepper.
- Serve generously on a warm bed of freshly cooked rice.



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