

# VIBE ACTIVITIES

## Healthy Recipes – Bangers and mash page 27



**Warren H Williams** is an icon of Indigenous country music, and the recipient of the 2012 Red Ochre Award. Read more about Warren and his career online at [vibe.com.au](http://vibe.com.au)

### Warren H Williams's Bangers and Mash

While I love most food and I really get into bush tucker, bangers and mash is something I can get anywhere I travel and I love it. It's great in winter with some good green veggies as well.



#### HEALTHY RECIPES

##### INGREDIENTS

- \* 700g potatoes, peeled and chopped
- \* 1 tablespoon butter
- \* 1/3 cup milk
- \* 1/3 cup grated parmesan cheese
- \* 8 thick beef sausages
- \* 1 tablespoon olive oil

##### METHOD

1. Bring a saucepan of water to the boil. Make sure you have an adult helping if you are a little kid. Put the potatoes into the water carefully and cook for 7 to 10 minutes, or until a fork will go through them. Drain the water out.
2. Put the saucepan back on the heat and add melted butter, milk, parmesan, salt and pepper. Mash it all together.
3. Cook your sausages, turning them regularly.
4. Make your gravy and serve on a plate with lots of green veggies like broccoli and some carrots and corn.

##### INGREDIENTS

- \* 2 chicken thighs cut in strips
- \* 4 bean Mix, rinsed and drained
- \* 2 zucchinis, chopped
- \* 1 can of corn, rinsed and drained
- \* 1 red onion, finely chopped
- \* 4 cloves of garlic, crushed
- \* 1/4 cup of pine nuts
- \* 1 jar of tomato based pasta sauce
- \* 1 teaspoon of olive oil
- \* 2 cups brown rice

##### METHOD

1. Heat oil in a large frying pan over medium-high heat. Add garlic, onion and chicken. Cook chicken, turning, for 5 to 7 minutes, or until browned and cooked through.
2. Add zucchini, cook till soft.
3. Add beans, corn, pine nuts and rest of garlic to pan. Cook until heated through.
4. Add pasta sauce and stir through entire mixture, let simmer, occasionally stirring until cooked through.
5. Serve your bean, tomato and zucchini casserole on brown rice.

From Western Sydney, 25 year-old **Nakkiah Lui** is a talented playwright and law graduate who recently won the inaugural Dreaming Award national art prize.



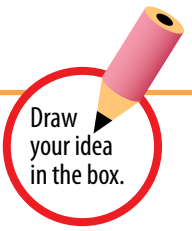
### Nakkiah Lui's bean, tomato and zucchini casserole

I really love this recipe – it's super quick and delicious. Best of all, it tastes better the next day. You don't have to use chicken if you prefer other meat, you could use bacon, meatballs, chorizo, whatever you like! I like to eat it without meat quite often as well.



Here's a tasty recipe for sausages (bangers) and mashed potato (mash) for you to try.

This is a quick and healthy recipe to make.



## ACTIVITY 1

### BANGERS AND MASH

There are lots of vegetables that you can add to your plate of bangers and mash.

**Draw your picture of cooked sausages and mashed potato with your favourite vegetables.**

## ACTIVITY 2

### MATCHING PICTURES AND WORDS

- 1** These are the ingredients for Warren H Williams' Bangers and Mash recipe. Look at the picture on the left. Look at the words on the right. Draw a line to match each picture to the correct words.



sausages

potatoes

milk

grated cheese

butter

olive oil

### ACTIVITY 3

#### WHICH ONES DON'T BELONG?

1 Which of these foods are **NOT** vegetables? Cross them out.

|  |  |  |   |  |
|--|--|--|---|--|
| <br><b>milk</b> | <br><b>potatoes</b> | <br><b>butter</b> | <br><b>olive oil</b> | <br><b>broccoli</b> |
|--|--|--|---|--|

### ACTIVITY 4

#### SPELLING

1 Cut the word **sausages** into its sound patterns.  
 Mix the letters up and put them back together in the right order.  
 Glue them onto a page.

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| s | a | u | s | a | g | e | s |
|---|---|---|---|---|---|---|---|

Practise writing **sausages** three times.

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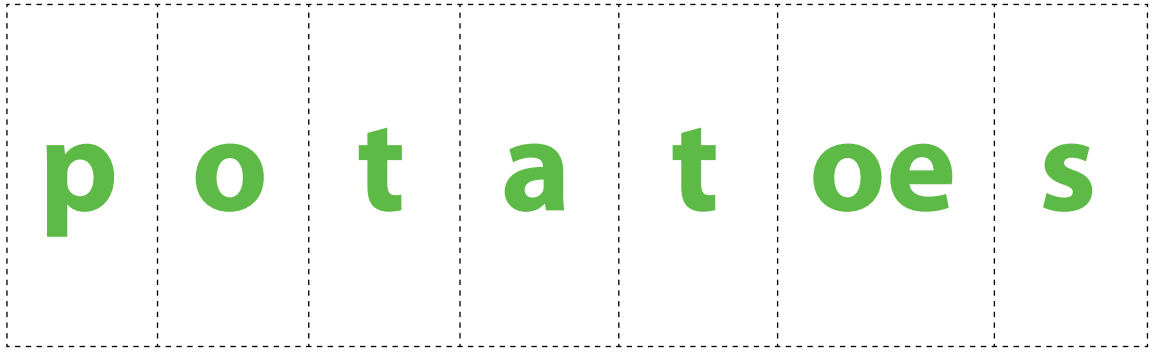


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- 2** Cut the word **potatoes** into its sound patterns.  
 Mix the letters up and put them back together in the right order.  
 Glue them onto a page.



Practise writing **potatoes** three times.

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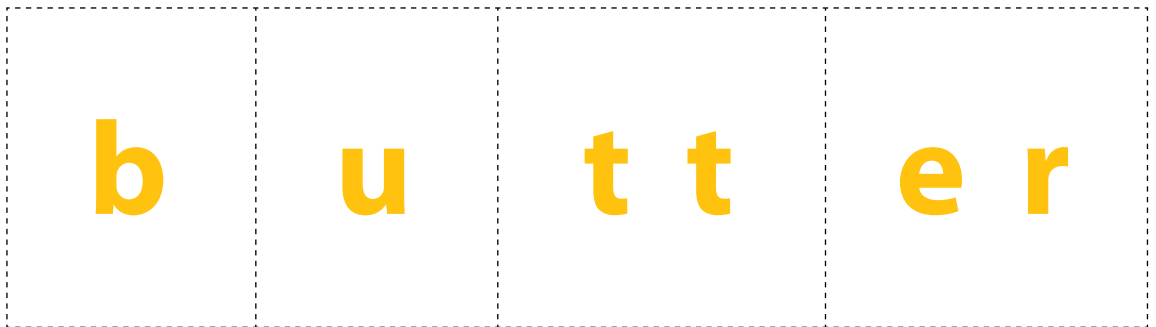


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- 3** Cut the word **butter** into its sound patterns.  
 Mix the letters up and put them back together in the right order.  
 Glue them onto a page.



Practise writing **butter** three times.

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## ACTIVITY 5

### SINGULAR AND PLURAL NOUNS

- 1** A **singular noun** means that there is just one.  
 A **plural noun** means that there is more than one.  
 Circle the correct words to match the picture.

|   |  |                               |
|---|--|-------------------------------|
|    | <p>one sausage</p> <p>two sausages</p>                 | <p>singular</p> <p>plural</p> |
|   | <p>one potato</p> <p>six potatoes</p>                  | <p>singular</p> <p>plural</p> |
|  | <p>one carton of milk</p> <p>three cartons of milk</p> | <p>singular</p> <p>plural</p> |



## ACTIVITY 6

### POTATOES

#### Did you know?

Potatoes are easy to grow at home.

A single medium-sized potato contains about half the daily adult requirement of vitamin C.

**Colour this picture of potatoes.**

