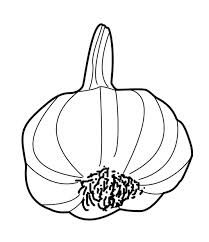
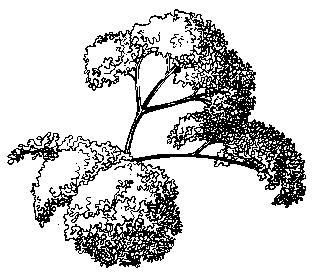
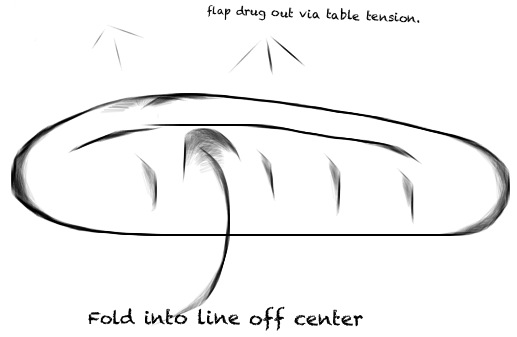
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**Submarine Meat Roll**

**Ingredients (Per Pair)**



CUT



¼ Onion, chopped

¼ tsp crushed garlic

2 tsp oil

100g Minced beef

½ tsp chicken powder

1 tsp cornflour

¼ cup water

1 tsp parsley, chopped

2 Tbs cheese

2 Bread Rolls

**Method**

1. Preheat oven 180.
2. Heat oil and fry chopped onion and garlic until soft.
3. Add minced beef and fry until golden brown.
4. Add chicken stock powder to the pan.
5. Stir in cornflour and cook gently for 1 minute.
6. Add water and bring to the boil, cook for 1 minute, stirring all the time.
7. Add the chopped parsley.
8. Gently split the roll horizontally across the middle, leaving the ends intact to form a pocket.
9. Remove some of the bread.
10. Spoon the meat mixture into the bread roll, filling it.
11. Sprinkle cheese on top.
12. Wrap the roll in foil and bake for 10 minutes.

**Learning Intention**

**To learn how to make savoury mince that can be used in many ways.**

1. Why is it important to not cut the roll right through?
2. What are some other ways you could use this meat recipe?
3. Identify something that you were proud of today and also something that you feel you could improve on.