



INSTRUCTION CARD - GRATING VEGETABLES

(SERVES 4)

INGREDIENTS:

Raw vegetables
(e.g. carrots, potatoes, zucchini)

UTENSILS:

Clean paper towel or cloth	Chopping board
Peeler	Bowl
Grater	

OPTIONS:

- You can alter the fineness of the grated vegetables by using different sized holes on the grater. Use large holes for coarse and small holes for thin.

METHOD:

1. Wash and dry the vegetables thoroughly. To do this, rinse well with cool water, being sure to remove any dirt or residues. Pat dry using a clean paper towel or cloth.
2. Remove the outer skin of the vegetable with a peeler (optional – see note) and chop off one end of the vegetable where you will start grating.
3. Hold vegetables in your dominant hand, with the grater in your other hand.
4. Place the grater firmly on top of the chopping board to ensure it is stable while grating.
5. Using the side of the grater with larger holes, start to grate your vegetables by pushing them downwards along the holes.
6. Repeat the process until the vegetable reaches 1cm away from your fingers, then stop.
7. Once grating is complete, put the grated vegetables in a bowl to serve or cook as required.

NOTE - Keeping the skin on vegetables such as carrots and potatoes improves dietary fibre intake as well as increasing other important nutrients such as vitamins and minerals. It also reduces the amount of food waste.