



Beef chow mein

Recipe by School Food Matters



Serves 4-6



30 minutes

INGREDIENTS

- Olive oil
- 1 medium onion, diced
- 2 cloves garlic, peeled and crushed or finely diced
- 400g lean beef mince
- 1 tbsp curry powder
- 2 tsp salt reduced chicken stock powder
- 1½ cups water
- 2 tbsp salt-reduced soy sauce
- 1 stalk celery, finely diced
- 1 carrot, finely diced
- 300g mixed green vegetables^, finely diced
- 250g (¼ head) cabbage*, finely shredded
- 125g dried noodles, broken into pieces

NOTES

^Use what is in season and available to you, for example broccoli, peas, beans or zucchini.

*Use Wombok (Chinese cabbage), green or red cabbage depending on availability.

DIRECTIONS

1. Put the saucepan over medium heat, and add enough oil to lightly coat the bottom of the pan.
2. Add the onion and cook, stirring frequently until it has started to brown.
3. Turn the heat up to high. Add the garlic and cook until it starts to turn golden.
4. Return the heat to medium and add the beef mince. Cook, stirring frequently, breaking up any lumps that form with your spoon, until evenly browned.
5. Add the curry powder and chicken stock and cook until fragrant.
6. Add the celery, carrot, soy sauce and ½ cup water and cook for five minutes, until the vegetables are tender and the liquid in the pan has evaporated by half.
7. Add the mixed green vegetables and cabbage and cook until the vegetables are soft and wilted.
8. Add the remaining 1 cup water and noodles and cook until they are soft and have absorbed the remainder of the liquid in the pot.



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