



70s style Chow Mein

SERVES 4

Recipe by Kate Caire

PREP 15MINS
COOK 20MINS

INGREDIENTS

- 500g beef mince
- 1 large onion (diced)
- 2 cloves of garlic (finely chopped)
- 1/2 green cabbage (finely shredded)
- 1 cup green beans (chopped)
- 1 carrot (grated or finely sliced)
- 1 packet dried chicken soup
- 2 tbsps Keens curry powder
- 2 tbsps soy sauce
- 2 tbsps Worcestershire sauce
- 1/2 cup water
- Salt and pepper to taste

DIRECTIONS

1. Heat a large frying pan or wok to medium-high heat. Cook the onion until soft, then add the beef mince. Cook until completely browned, breaking up any lumps.
2. Stir in the curry powder, chicken noodle soup, soy sauce, and Worcestershire sauce. Cook for 1 minute until fragrant, then add ½ cup of water and stir.
3. Add in the shredded cabbage, carrots, green beans reducing the heat to medium-low.
4. Cover with a lid, and cook for 6-8 minutes, stirring occasionally. The cabbage will sweat down and combine with the soup mix to create a light sauce.
5. Remove the lid and simmer for an extra 2 minutes if needed to reduce any excess liquid. Serve hot.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app

