

Chow Mien

- 1 tablespoon sunflower oil
- ☐ 500g lean beef mince
- ☐ 1 medium brown onion, finely chopped
- ☐ 2 garlic cloves, crushed
- ☐ 1 tablespoon curry powder
- ☐ 1 large carrot, peeled, finely chopped
- ☐ 2 trimmed celery stalks, finely chopped
- ☐ 8 button mushrooms, thinly sliced
- ☐ 1 cup (250ml) chicken stock
- ☐ 1/3 cup (80ml) oyster sauce
- ☐ 2 tablespoons soy sauce
- ☐ 350g packet fresh thin egg noodles
- ☐ 1/2 cup (80g) Broad beans
- ☐ 1/2 cup (60g) sliced green beans
- ☐ 1/2 small cabbage coarsely shredded

1. Step 1

Heat the oil in a large frying pan over high heat. Add the beef, onion and garlic and stir-fry for 5 minutes or until the mince changes colour and is cooked through.

2. Step 2

Add the curry powder and stir-fry for 1 minute or until fragrant. Add the carrot and celery, stir-fry for 2 minutes or until vegetables are tender.

3. Step 3

Add the stock, oyster sauce, soy sauce and noodles and stir-fry for 2-3 minutes or until the mixture boils and thickens slightly. Add beans and cabbage and reduce heat to low. Cook, tossing occasionally, for 5 minutes or until vegetables tender.

4. Step 4

Divide evenly among serving bowls.