

# Chow Mein

Food Foundations • another NAQ Nutrition program

## Ingredients:

### Serves 5

- Olive oil spray
- 1 medium brown onion – finely chopped
- 2 garlic cloves – crushed
- 500g lean beef mince
- 1 teaspoon curry powder
- 1 large carrot – finely chopped
- 2 celery stalks – sliced thinly
- 150g mushrooms – sliced thinly
- 1 cup reduced salt chicken stock
- 2 tablespoons reduced salt soy sauce
- 1/3 cup oyster sauce
- 450g fresh thin egg noodles
- 1/2 cup frozen peas
- 1/2 cup frozen sliced green beans
- 1 small Chinese cabbage - shredded



## Method:

1. Heat a large wok to medium-high heat and spray with oil
2. Stir-fry onion and garlic until the onion softens
3. Add mince and stir-fry until the mince is cooked through and browned
4. Add curry powder and stir through well
5. Add carrot, celery and mushrooms. Stir-fry until the carrot just begins to soften
6. Add the chicken stock, soy sauce, oyster sauce and noodles. Stir-fry gently until combined
7. Add the peas, beans and cabbage. Reduce heat and simmer, stirring occasionally, for five minutes or until the cabbage begins to soften

*Serving instructions: serve immediately*