

Chow Mein

An easy to make winter dish. Serve with a rice, egg noodle or quinoa

Ingredients:

Veggies

1 onion, chopped
2 carrots, grated
3 garlic cloves, finely chopped
2 celery stalks, finely chopped
300g cabbage, shredded
250g green beans, chopped into 3cm pieces

Other ingredients

2 tablespoons olive oil
500g beef mince
1 tablespoon curry powder
¼ cup soy sauce
¼ cup tomato sauce
2 teaspoons beef stock powder
1 cup water
Salt and pepper to taste

Method:

1. Heat the oil in a large frying pan. Add the onion, mince and garlic and fry until the mince changes colour.
2. Add the curry and fry for a minute, till fragrant. Add the carrot and celery and stir- fry for 2 minutes.
3. Add the soy sauce, tomato sauce, water and stock powder and, mix well. Bring to the boil, and then lower the heat and leave to simmer with the lid on for 10 minutes.
4. Add the cabbage and green beans and cook for a further for about 10 minutes.
5. Turn off the heat. Check if you need to season with salt and pepper.
6. Serve with steamed rice, egg noodle or quinoa.