



Main Meal: Beef Chow Mein

Equipment

- Knife
- Chopping board
- Scales
- Vegetable peeler
- Measuring spoons
- Sifter
- Large mixing bowls
- Spatula
- Large metal or wooden spoon
- Large saucepan or stock pot
- Muffin tin/s (for cooking muffins)

This recipe makes 10, 25 or 50 standard serves (for grade 4-10) or 14, 35 or 70 junior serves (for kinder-grade 3).

Ingredients

	10 serves	25 serves	50 serves
Olive oil	40 millilitres	100 millilitres	200 millilitres
Lean beef mince	800 grams	2.0 kilograms	4.0 kilograms
Vegetables			
Onion, diced	400 grams	1.0 kilogram	2.0 kilograms
Garlic, peeled and crushed or finely diced	20 grams (4 cloves)	50 grams (10 cloves)	100 grams (20 cloves)
Celery, finely diced	100 grams	250 grams	500 grams
Carrot, finely diced	100 grams	250 grams	500 grams
Mixed green vegetables [^] , finely diced	600 grams	1.5 kilograms	3.0 kilograms
Cabbage*, finely shredded	500 grams	1.25 kilograms	2.5 kilograms
Sauce			
Curry powder	20 grams	50 grams	100 grams
Salt reduced beef style stock powder	15 grams	40 grams	75 grams
Water	200 millilitres	500 millilitres	1.0 litre
Salt reduced soy sauce	60 millilitres	150 millilitres	300 millilitres
Dry			
Dried Flat rice noodles, broken into pieces	250 grams	625 grams	1.25 kilograms
Salt and pepper	To taste	To taste	To taste

Method

- 1 Put the large saucepan or stock pot over medium heat and add the oil.
- 2 Add the onion and cook, stirring frequently until it has started to brown.
- 3 Turn the heat up to high and 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 beef stock and cook until fragrant.
- 6 Add the celery and carrot and cook for five minutes.
- 7 Add the water and soy sauce and cook until vegetables are tender and the liquid in the pan has evaporated by half.
- 8 Add the mixed green vegetables and cabbage and cook until the vegetables are soft and wilted.

- 9 Soak noodles in cold water for 10 minutes. Add the noodles and cook until they are soft and have absorbed the remainder of the liquid in the pot.

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.

Side Dish: Fruit

Ingredients

	10 serves	25 serves	50 serves
Fresh Fruit	1.0 kilogram	2.5 kilograms	5.0 kilograms

To serve:

	Junior serve (kinder-grade 3)		Standard serve (grade 4 – grade 10)	
	Weight	Volume	Weight	Volume
Beef chow mein	190 grams	Approx. 3/4 cup	275 grams	Approx. 1 cup
Fruit		1 piece		1 piece

