

Beef Chop Suey with Rice Noodles

Can be adapted with chicken

Ingredients

- 400 gram lean beef mince (or chicken mince)
- ½ chopped onion
- Soy sauce (to taste)
- 1-2 tablespoons oil
- 1 tablespoon chicken stock powder
- 1 teaspoon corn flour
- 1 tablespoon crushed garlic
- 200 grams rice noodles, prepared as per instructions on packet
- ½ capsicum finely diced
- 1-2 grated carrots
- 1-2 grated zucchini
- 1 stick celery finely sliced
- 2 spring onions finely sliced
- ¼ small cabbage finely shredded
- ½ tin corn (drained)
- 5-6 button mushrooms sliced
- 4-5 broccolli florets (steamed)
- 4-5 cauliflower florets (steamed)

Instructions

1. Heat oil in pan.
2. Fry onions, garlic, capsicum, celery until soft.
3. Add meat and brown.
4. Add seasonings and remaining vegetables.
5. Stir fry until tender.
6. Add corn flour and ½ cup water to thicken.
7. Chop cooked rice noodles and mix through.