



BEEF CHOW MEIN

Meat main dish / Grab & Go: This recipe contains a portion of starchy food and a portion of meat. It counts towards the standards to provide a portion of starchy food and a portion of meat, fish, eggs, beans and other non-dairy sources of protein each day.

Recipe adapted from: EATS (East Anglian Taste for Schools)

Ingredients

15ml (1tbsp) vegetable oil
500g beef strips
150g onion, peeled and sliced
100g green peppers, deseeded and sliced
150g carrots, peeled and finely sliced
100g peas, fresh or frozen
150g beansprouts
500g egg noodles
200ml plum sauce

Method

1. Cook the noodles according to manufacturer's instructions. Then drain.
2. Heat the oil in a pan on a high heat, add the beef and cook for 5 minutes until lightly browned.
3. Reduce the heat to medium and add the onions, peppers, carrots and peas and cook for a further 5 minutes.
4. Add the beansprouts, noodles and sauce and continue to cook until core reaches the required temperature.

Serving suggestion: in a noodle box with chopsticks as a Grab & Go option.



Number of portions this recipe makes:

10 primary servings (230g)
7 secondary servings (325g)



Prep: 15 minutes
Cook: 15 minutes



Allergy information:

Egg, soya, wheat (gluten)



Top Tips

Swap beef for Quorn™ or tofu for a vegetarian alternative.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats and cooking sauces with less than 0.83g/100g salt.