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.