

Recipe no. 1

# Mum's Masterpiece

Aussie Chow Mein



**Coles Chinese  
Beef Stir-Fry  
Recipe Base**



**Beef Mince  
500g**



**1/4  
Small Cabbage**



**Hokkien Noodles  
2 Serves**

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"My family can't get enough of it, which is great because I have three kids under five who are very fussy."

**Carissa, Mum of 3, VIC**

**coles**  
it all counts

Item Code C10035\_A

# Aussie Chow Mein



2 tbs vegetable oil  
500g Coles beef mince  
1/2 onion, thinly sliced  
1 carrot, grated  
1 zucchini, grated  
1/4 small cabbage, thinly sliced

2-3 tbs plum sauce  
Coles Chinese Beef Stir-Fry Recipe Base  
1 tsp chicken stock powder or 1 chicken stock cube  
2 serves of Hokkien Noodles

1. Heat the oil in a wok then brown the mince. Add the onion, cook for 2 minutes.
2. Add remaining ingredients and stir for 5 minutes until vegetables are cooked.
3. While vegetables are cooking, soak noodles in boiling water for 2-3 minutes and loosen. Drain.
4. Mix in noodles and heat through. Season with pepper.

### Serving suggestion:

Sprinkle over some chopped cashews for added crunch and extra taste.

### Handy Tips:

Boil the kettle while you are browning the mince - then it is ready to go for the noodles.

### Product Features:

Delicious and versatile. No added MSG. No artificial colours or flavours. Low in sodium.

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