

CHOW MEIN

<i>Ingredients</i>	<i>Equipment</i>
400 Grams Minced Beef	Chopping Boards
1 Brown Onion	Knives
2 Stalks Celery	Spoon Measures
300 Grams Cabbage	Measuring Jug
60 Grams Beans	Wooden Spoon
1 Packet Chicken Noodle Soup	Electric Frypan
2 Tablespoons Rice	
2 Teaspoons Sweet Soy Sauce	
2 Tablespoons Tomato Sauce	
1 Teaspoon Curry Powder	
375 ml Hot Water	
Oil for frying	

What to do

1. Get out all required equipment
2. Weigh and measure ingredients
3. Peel and slice onion
4. Slice celery, beans and cabbage finely
5. Brown the meat and onion in the frypan.
6. Add the chicken noodle soup, rice, sweet soya sauce, tomato sauce, curry powder and hot water.
7. Add the celery, cabbage and beans. Stir until boiling, cook for 5 minutes stirring occasionally.