



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.**