

Fresh for Kids®

Vegetable & pork chow mein

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Preparation: about 20 minutes

Cooking: about 12 minutes

Serves: 4

- 500g fresh thin egg noodles
- 2 tablespoons peanut oil
- 500g pork mince
- 2 garlic cloves, crushed
- 4 green onions (shallots), thinly sliced
- 2 medium carrots, finely chopped
- 2 celery sticks, thinly sliced
- 1 small red or yellow capsicum, deseeded and finely chopped
- 1 cup chicken stock
- 1/3 cup oyster sauce
- 1 1/2 tbs soy sauce
- 1/2 small Chinese cabbage, stems trimmed and finely shredded
- 1 cup bean sprouts, trimmed

1. Place noodles in a heatproof bowl. Cover with boiling water. Stand for 1–2 minutes until just tender. Drain and separate noodles. Set aside.
2. Heat a wok over high heat. Add oil and heat until hot. Add pork mince and stir-fry, breaking up mince, for 5 minutes until browned. Add garlic and green onions and stir-fry for 1 minute. Add carrot, celery and capsicum to wok and stir-fry for 1–2 minutes until tender.
3. Add stock, oyster sauce and soy sauce to wok. Bring to the boil. Add noodles and cabbage. Stir-fry for 1 minute or until cabbage wilts. Toss through bean sprouts and serve.



Chinese cabbage:

- The crisp light crunchiness of raw Chinese cabbage makes it a great way to give kids some of their daily vitamin C (important for healthy teeth and gums).
- Chinese cabbage is a source of the B vitamin folate (important for healthy cells throughout the body).

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