

Beef (Pīwhi) Chow Mein

Ingredients

½ cup shredded cabbage (Kāpeti)
1 c of vegetables (broccoli, cauliflower, beans, capsicum, peas and corn)
½ carrot (Kāreti)
½ onion
250g beef (pīwhi) schnitzel
1 packet noodles
1T cornflour
½t beef stock powder
1T soy sauce
½ c water



Method

1. Cut the Beef (pīwhi) schnitzel into 2cm wide strips.
2. Make Sauce:
 - a. in a small bowl stir together the cornflour, beef stock powder, soy sauce, flavour sachet from instant noodles(optional) and water and leave to the side.
3. Wash and prepare the vegetables
 - a. Chop the onion
 - b. Cut the carrots into thin match sticks
 - c. Break the cauliflower and broccoli into florets
 - d. Shred the cabbage
 - e. Slice Mushrooms/capsicums
4. In a pot cook your noodles until they are tender (2-3min) then remove from the heat.
5. Heat oil in frypan or wok
6. Add the beef and cook for 2-3 minutes then remove from the pan and set aside.
7. Add a little more oil if needed
8. Cook the onions for 2-3 minutes. Then the carrots and cook for a further 2mins, then add the remaining vegetables and stir-fry for another 2min.
9. When vegetables are nearly cooked, add the beef back to the pan.
10. Add the instant noodles and sauce and stir to combine.
11. Heat through until hot
12. Serve immediately