




# Beef San Choy Bau




A veg-packed dish with hearty beef and rice noodles, perfect for kids and adults alike.

 Serves: 5 people

 Prep times: 15 mins

 Cook times: 20 mins

 Difficulty: Easy

## Ingredients

- 100g rice noodles (uncooked)
- 1 spring onion, thinly sliced
- 1 cup cabbage, diced
- 1 medium carrot, diced
- 1/2 cup green beans, diced
- 1/3 cup peas
- 1 medium capsicum, diced
- 1 garlic clove, crushed
- 1cm knob ginger, grated
- 300g lean beef mince
- 1 tablespoon soy sauce (reduced salt)
- 10 iceberg lettuce leaves (served as cups)

## Method

1. Cook rice noodles according to packet instructions.
2. Heat a wok or frying pan over a medium to high heat. Add oil, garlic, ginger and spring onion. Cook for 30 seconds.
3. Add mince. Stir-fry using a wooden spoon to break up lumps of meat, until all meat is browned.
4. Add soy sauce. Stir and cook for 2 to 3 minutes or until sauce has thickened slightly.
5. Add diced vegetables. Stir and cook for 5 minutes, until tender.
6. Add cooked noodles to pan. Stir to mix.
7. Serve with lettuce 'cups'.
8. Scoop mixture into the lettuce, roll up and eat.

This recipe is part of Nutrition Australia Vic Division's [Long Day Care Menu Pack](#).