

# Barmi

Influenced by Indonesian cuisine, this dish consists of a balance of beautiful flavours and fresh, seasonal ingredients –a popular meal with children who love the egg noodles.



**Influence:**  
**Indonesia**



Serves 10 children



30 minutes

## INGREDIENTS

Bacon, middle rasher, trimmed  
100g (2 rashes)

Beef, mince, low-fat 400g (1 ½ C)

Cabbage, white, raw 200g (2 ½ C)

Peas, frozen 300g (2 C)

Carrot, grated 150g (1 ¼ C)

Onion, peeled, sliced, raw 100g (1 large)

Garlic, peeled, raw 5g (1 clove)

Sauce, soy, reduced salt 20ml (1 T)

Noodles, egg, dry 300g (2 ½ C)

## DIRECTIONS

1. Prepare vegetables, slice onion, cabbage and carrots.
2. Brown the mince with onion and garlic in a large fry pan.
3. Add bacon, carrot and cabbage. Cook for a further 5 minutes.
4. Add peas, soy sauce and water as required. Cook for a further 2 minutes.
5. Serve with egg noodles.

# Allergy Information

Contains: gluten, wheat, egg (noodles), soy, wheat (soy sauce); some processed meats (bacon) contain cow's milk protein and/or soy and/or gluten.

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## Childcare RDI Calculator:

Fat		0 %
Vegetables	<div></div>	100 %
Meat/Alt*	<div></div>	100 %
Cereals	<div></div>	100 %
Dairy		0 %
Fruit		0 %

\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services