

Hi Ling Lee

A delicious mix of flavours, this recipe originates from China. Packed full of healthy seasonal vegetables and spices, this dish is nutritious and tasty, enjoyed by children the world over.

Influence: China



Serves 10 children



50 minutes



INGREDIENTS

Beef, mince, low-fat 500g (2 C)
 Oil, canola 20ml (1 T)
 Rice, dry 300g (1 ½ C)
 Cabbage, white, raw 200g (2 ½ C)
 Bean, green 300g (2 ½ C)
 Onion, chopped 100g (1 large)
 Celery, chopped, raw 30g (2 sticks)
 Garlic, finely chopped 5g (1 clove)
 Water 250ml (1 C)
 Mixed spice 1g (1 t)
 Curry powder 1g (1 t)

DIRECTIONS

1. Chop onion, celery, garlic and brown in saucepan with the mince.
2. Add curry powder, spice and cook for 2 minutes.
3. Pour in enough water to cover ingredients and bring to boil.
4. Add white rice and simmer for 15 minutes, stirring occasionally.
5. Add more water if required for a moist, but not runny, texture.
6. Add beans and cabbage and more water if required.
7. Simmer for approximately 20 minutes, stirring occasionally.

Allergy Information

Contains: no common allergens.
Curry powder may contain gluten, wheat and/or soy. Keen's Curry powder is gluten, wheat and soy free.

Childcare RDI Calculator:

Fat	<div></div>	40 %
Vegetables	<div></div>	80 %
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

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