



Recipe Tip:
Use frozen mixed vegetables
instead of fresh.



Noodle Ninja Mince

Serves 6



Ingredients:

- 500g lean mince
- 1 onion
- 2 cloves garlic
- Spray oil
- 2 instant noodles squares (no sachet)
- 1 carrot
- 2 celery sticks
- 100g green beans
- ¼ cabbage

- 1 cup water
- 2 tablespoons salt reduced soy sauce
- ¼ cup sweet chilli sauce

Equipment:

- Electric frypan, knife, chopping board, cup measures, stirring spoon



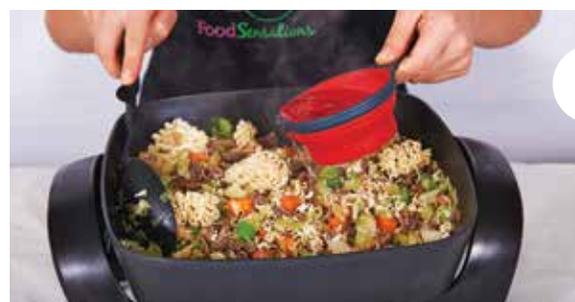
1 Peel then dice the onion and garlic. Turn frypan on to medium heat, spray with oil. Add onion and garlic to frypan. Cook until softened.



2 Add mince to frypan and cook until browned.



3 Chop cabbage, carrot, celery and beans. Add vegetables to the frypan. Cook for 5 minutes, or until vegetables start to soften.



4 Break up instant noodles into the frypan. Stir into mince mixture. Add 1 cup of water to frypan. Bring to the boil and cook until noodles become soft.



5 Add sweet chilli and soy sauces. Stir to combine.