

Ooodles of Noodles



Serves

6

TIP

Use 3 tablespoons of milk powder added to 1½ cups water rather than fresh milk.



Ingredients

- | | |
|--------------------------|--------------------------------------|
| 1 brown onion | 2 tablespoons curry powder |
| 2 garlic cloves | 1 tablespoon vegetable stock powder |
| Spray oil | 2 instant noodle squares (no sachet) |
| 500g chicken mince | 1½ cups reduced fat milk |
| 1 zucchini | |
| 100g snow peas | |
| 2 carrots | |
| ¼ cup desiccated coconut | |

Equipment

- Chopping board
- Knife
- Frypan
- Large spoon
- Grater
- Measuring spoons
- Measuring cups



How to make it



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



2. Chop snow peas into pieces. Grate zucchini and carrots. Add vegetables to frypan. Cook for 5 minutes or until vegetables are slightly soft.



3. Add coconut, curry powder, stock powder and stir to combine.



4. Break up instant noodles into frypan. Stir into mince mixture.



5. Add milk to frypan. Cook for 5 minutes or until noodles are soft. Add an extra ½ cup of water if needed.



nom!