



**GF Friendly**

## Hi-Fi Ming

**kids will eat their vegies with this chow-mein-style dish**

It's not always easy getting kids to eat vegetables, but with this tasty meal they won't care that they are. It'll be just like eating a spring roll without the pastry.

- 500g minced beef
- 2 medium onions
- ½ capsicum
- 250g green beans
- ¼ shredded cabbage
- 1 stick celery
- 1 dsstsp curry powder
- 1 pkt chicken noodle soup
- 1 tsp Worcerstershire sauce (check label for GF, or use GF BBQ sauce)
- 2 Tbsps uncooked rice (or try small GF pasta)
- 3 cups hot water
- canola oil OR extra light olive oil



Peel the onions, seed the capsicum, then chop both finely. Depending how fussy your kids are, you may need to cross-cut the shredded cabbage. Same rules apply to the celery, especially if it is a large stick – slice lengthways into “chop-sticks” then cut across the grain so that the pieces are small. Chop the beans.

Put a little oil in a large pan, then fry the onions and capsicum until soft. Add mince and continue cooking until the meat is brown. Drain any fat before proceeding. Prepare soup mixture in the water, then add to the meat along with the rest of the ingredients. Bring to the boil, then turn down, cover and simmer for 30 minutes, stirring occasionally. The Hi-Fi is ready as soon as the rice or pasta is cooked.

**Serves 4 – 6**

**freezes well**

You can substitute almost any meat for the beef mince, and the vegetables can be swapped or added to as you prefer. Whatever changes you make will, of course, affect the overall taste, but this saves the dish from becoming boring with over-use. Any left-overs make a great Encore Pie (see Recipe R12).

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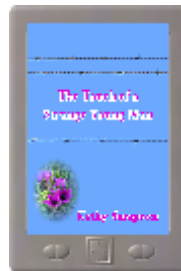
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