



CHINESE CABBAGE, CARROT & LAMB HOKKIEN MEE



CHINESE CABBAGE, CARROT & LAMB HOKKIEN MEE

Preparation 20 mins | Cooking 10 mins | Serves 4

- 500g fresh hokkien noodles
- ¼ cup hoisin sauce
- ¼ cup chicken stock
- 2 carrots, peeled
- 2 tbs peanut oil
- 500g lamb rump steaks, sliced into thin strips
- 1 red capsicum, trimmed, deseeded and diced
- 2 garlic cloves, finely chopped
- 2 green onions (shallots), trimmed and thinly sliced
- ½ Chinese cabbage (Wombok), trimmed and finely shredded

STEP 1 Place noodles in a large heatproof bowl. Cover with boiling water. Stand for 1 minute. Drain, separate noodles and set aside.

STEP 2 Combine hoisin sauce and stock in a cup and set aside. Using a julienne peeler, slice carrots into long thin strips and set aside.

STEP 3 Heat 1 tbs oil in a wok over high heat. Stir-fry lamb in 2 batches until evenly browned. Transfer to a plate and set aside.

STEP 4 Heat remaining 1 tbs oil in wok over high heat. Add capsicum and stir-fry for 2 minutes. Add garlic, green onions and carrots and stir-fry for 2-3 minutes until carrots are almost tender. Toss through cabbage, hoisin mixture, noodles and lamb. Stir-fry until well combined and cabbage just wilts. Spoon into serving bowls and serve.

Good for you... **CARROTS**

The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system. Provide dietary fibre, whether raw or cooked.



SYDNEY MARKETS For more fresh fruit & veg recipes visit www.sydneymarkets.com.au

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. AUT18