

Beef and vegetable stir-fry

People with Down Syndrome

Ingredients

- 2 x 85g pkts Fantastic 2
 Minute Noodles Beef Flavour
 (5 pack)
- 500g Coles Australian 3 Star
 Beef Mince
- 200g frozen Coles Australian
 Stir-Fry Vegetables
- 200g pkt Passage Foods
 Noodle Partners Singapore
 Noodles Stir-Fry Sauce
- 1 spring onion, thinly sliced





Directions Step 1

- Place noodles and seasoning sachets in a large heatproof bowl.
- Cover with boiling water and microwave on high for 2 mins.
- Stand for 2 mins. Drain.



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Step 2

- Heat a large non-stick wok or frying pan over high heat. Add mince.
- Stir-fry for 5 mins or until mince changes colour and is cooked through.
- · Add stir-fry mix.
- Stir-fry for 3-4 mins or until heated through.
- Add noodles and stir-fry sauce and stir-fry for 2 mins or until vegetables are coated in sauce and heated through.

Step 3

Serve topped with spring onion.



