



Prep time 10 minutes | **Cook time** 30 minutes | **Serves** 6

Aunty Wendy's Kai Si Ming

A simple, budget-friendly family favourite packed with vegetables and pantry staples.

Ingredients

- 500 g mince
- 2 onions, chopped
- ½ cabbage, shredded
- 1 cup cauliflower, beans, celery, broccoli or any other fresh vegetables
- 1 dsp curry powder
- 4 dsp uncooked rice
- 1 pkt chicken noodle soup
- 3 cups water

Method

Heat oil in a large pan and brown the mince.

Add onion and cook for a few minutes until softened.

Stir in cabbage, vegetables, curry powder, rice, chicken noodle soup mix and water.

Mix well, cover and cook for 30 minutes, stirring occasionally.

Serve on its own as a hearty one-pot meal, or with spiral pasta or fresh crusty bread.

Any leftovers make a great lunch the next day.



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This is one of those classic recipes that has been shared around family tables for years. It's simple, filling and makes the most of everyday ingredients, which is probably why it remains a favourite.

The beauty of this dish is how flexible it is. You can use whatever vegetables you have on hand, making it an easy and affordable meal that helps reduce waste while still feeding a crowd.

Like many family favourites, it somehow tastes even better the next day and is just as good packed up for lunch as it is served fresh from the pot.

Kara Tait - Wellington



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