



**Prep time** 20 minutes | **Cook time** 25–30 minutes | **Serves** 4–6

# Mumma Carmichael's Chow Mein

A quick, hearty family meal that's perfect after a long day and easy to throw together.

## Ingredients

- 600 g beef mince
- ½ cup carrots
- 1 cup peas
- ¼ cup fish sauce
- 4 tbsp soy sauce
- 2 medium onions
- 1 cup beef stock (or stock cube with 1 cup water)
- 2 tsp crushed garlic
- 3 eggs
- Milk
- 2 tbsp flour
- 3 packs 2-minute noodles
- Salt and pepper

## Method

In a large pan, brown mince, then add garlic and onion and cook for a further 2 minutes.

Add carrots and cook for another 4 minutes.

Stir in flour, soy sauce, fish sauce, beef stock, salt and pepper.

Cook noodles according to packet instructions.

In a separate bowl, whisk eggs with a splash of milk, salt and pepper.

Pour into an oiled pan, cover and cook until set, then cut into small squares.

Combine noodles and mince mixture in a serving dish and top with egg pieces before serving.



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# Meet your chef

Busy mum of three, Emma lives in a rugby-mad household, supporting her husband in his role as Farm Manager at Aratiatia Station. Life is full-on, and having simple, reliable meals to fall back on makes all the difference.

This is one of those go-to dinners that comes together quickly after a long, cold day on the farm. It's hearty, family-friendly, and easy to adapt depending on what's in the fridge, making it a regular favourite around the table.

Emma Carmichael - Taupō



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