



MUMMA CARMICHAEL'S BEEF CHOW MEIN

WHAT YOU'LL NEED

600 grams beef mince

Carrots 1/2 cup

Peas 1 cup

Fish Sauce 1/4 cup

Soy Sauce 4 Tablespoons

Onion two medium

Beef Stock 1 cup (or stock cube with 1 cup water)

Garlic - crushed two teaspoons

eggs x 3

Milk

2 tablespoons flour

2 minute noodle noodles x 3 packs

Salt and pepper

HOW TO COOK IT

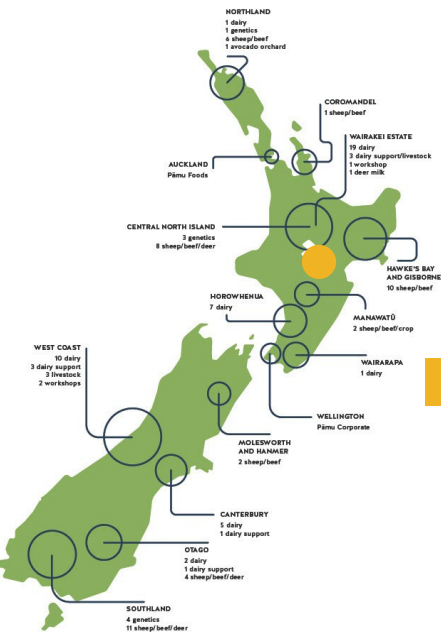
1. Brown mince, add garlic and onion, mix through let cook for another 2 minutes
2. Add carrots and cook for a further four minutes
3. Add flour, soy sauce, fish sauce, beef stock and salt and pepper
4. Cook 2 minute noodles
5. In separate dish mix egg, milk, salt and pepper
6. Pour this into an oiled pan and cover with lid
7. Put noodles and the mince mix into a serving dish
8. Put cooked egg onto chopping board and cut into small squares
9. Aerve chow mein and add squared egg pieces on top!



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Pāmu (Landcorp Farming Limited) has more than 100 farms all over Aotearoa New Zealand. We are proud to support Meat the Need and stand shoulder to shoulder with our local communities.



MEET THE CHEF: EMMA

"Busy mum of three to Jacob, Paige, and Jordy. Living in a rugby-mad household supporting husband in his Farm Manager role at Aratiatia Station, working within Pāmu in Admin assist role. Loving living in Taupo and so close to town, too.

"This is a yummy, quick, easy to make meal after a cold day on the farm!"

NEW ZEALAND'S FARMERS, FEEDING NEW ZEALAND'S FAMILIES



meat the need