

# beef & cabbage stir fry

## PREPARATION

### ingredients

- |                           |                                  |
|---------------------------|----------------------------------|
| 2 tablespoon oil          | 2 tablespoon curry powder        |
| 1 finely chopped onion    | 2 cups chicken stock             |
| 3 sticks celery           | 1 cup water                      |
| 750 gms beef mince        | ¼ cabbage finely shredded        |
| 1 pkt chicken noodle soup | 1 pkt frozen stir fry vegetables |
| ½ cup long grain rice     |                                  |

### method

Heat oil in large frypan over medium heat .Add onions & celery & cook for 4-5 minutes add mince and cook ,breaking up with wooden spoon for 4-5 mins

Add Soup, rice, curry powder, chicken stock and water. Stir until well combined Bring to boil, Reduce heat to med -low and simmer covered for 20 minutes Remove lid & add cabbage & stir fry veggies cooked cover for 3-4 minutes  
Serve immediately with noodles

