



Soifua Maloloina Sapasui

Method

1. Soften noodles in cold water for 15 minutes, or until transparent.
2. Chop capsicum, onion and carrot into small pieces.
3. Heat oil in a large pan over a medium-high heat. Fry the onion, garlic and ginger for 4-5 minutes, or until soft.
4. Add meat and allow it to brown before adding the remaining frozen vegetables.
5. After a further 4-5 minutes the vegetables and meat should be almost cooked. Stir through soy sauce and noodles in pan and cook for 1-2 minutes. Serve.

Recipe Information

Number of Serves: 6

Preparation Time: 15mins

Cooking Time: 15mins

Ingredients

300g vermicelli noodles
1 brown onion
1 carrot
1 red capsicum
1 tbsp olive oil
1 garlic clove, roughly chopped
2 tsp ginger, roughly chopped
500g lean meat (chicken, pork or beef), cut into strips
500g frozen vegetables
2 tbsp dark soy sauce



Step 1



Step 2



Step 3



Step 4



Step 5

Swap it tips:

- Swap turkey tails (si'u si'u pipi) or mutton flaps (mamoe) for lean meat such beef stir-fry strips or lamb chops with the fat removed.
- Fresh, frozen or tinned vegetables can be used in this recipe. Using more vegetables will stretch the meal even further.
- Swap regular soy sauce for salt reduced soy sauce – it still tastes great!

