

Savoury soy and beef noodles



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Vegetable oil	25ml	33ml	43ml
Onion, chopped	165g	220g	285g
Beef mince (lean)	540g	720g	930g
Frozen mixed vegetables	420g	560g	715g
Garlic, crushed	21g	28g	36g
Ginger, crushed	21g	28g	36g
Water (for gravy)	250ml	330ml	430ml
Beef gravy mix	25g	33g	43g
Soy sauce	13ml	17ml	22ml
Lemon juice	13ml	17ml	22ml
Water (for soaking noodles)	585ml	780ml	1L
Bean vermicelli noodles	210g	280g	360g

Directions

1. Heat vegetable oil in a large pot.
2. Add onion and mince to pot and cook over high heat, mixing and breaking apart regularly.
3. Cook until the liquid from mince has evaporated.
4. Add mixed vegetables, garlic and ginger and continue to cook until the vegetables are hot and cooked through. Remove from heat.
5. Bring water (for gravy) to a boil then add gravy powder, whisking to combine.
6. Add soy sauce and lemon juice to gravy.
7. Add gravy to mince and vegetables and mix through.
8. In a separate pot bring water (for soaking noodles) to a boil then remove from heat and add noodles.
9. Leave noodles to soak for 5 minutes or until soft, then drain.
10. Using scissors, cut noodles into smaller pieces.
11. Add noodles to beef and vegetables and mix thoroughly.



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Ministry of Education

**Healthy
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Savoury soy and beef noodles continued...

Special diet substitution ideas

Vegetarian:

- use tofu or vegan mince instead of beef mince (use 20g more than stated quantity of beef for each age group).
- Use vegetarian gravy mix

Vegan:

- Use tofu or vegan mince instead of beef mince (use 20g more than stated quantity of beef for each age group).
- Use vegan gravy mix

Dairy free:

- Use dairy free gravy mix

Gluten free:

- Use GF soy sauce, use GF gravy mix. Bean vermicelli noodles are generally gluten free- check specific brand

Halal:

- Use halal certified beef

Soy:

- Use Marmite mixed with water instead of soy sauce.
- Ensure gravy mix is soy-free.

Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Per portion	Serve about 198g	Serve about 263g	Serve about 339g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	198	263	339
Vegetables (g)	53	71	71
Protein food (g)	33	43	43
Grain food and starchy vegetables (g)	79	106	136

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Value canola oil	3L
SB frozen diced onion	1kg
Kiwi to the Bone fresh beef mince 85CL	1kg
Gilmours mixed vegetables (frozen)	2kg
Gilmours crushed garlic in oil	1kg
Gilmours crushed ginger	1kg
Maggi wholeness gravy mix gf	2kg
Lee Kum Kee premium soy sauce	1.75L
Grove lemon juice	1L
Double Phoenix Longkou vermicelli	250g

Allergens



wheat, gluten, soy.

***Disclaimer:** Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.*

Tips



- If necessary, cook the mince in separate pots or in batches
- To make mixing easier, mix in multiple large deep trays.