

Oodles of Noodles

Use 3 tablespoons of milk powder added to 1 ½ cups water rather than fresh milk.

RECIPE SERVES 6

Ingredients

- 1 brown onion
- 2 garlic cloves
- Spray oil
- 500g chicken mince
- 1 zucchini
- 100g snow peas
- 2 carrots
- ¼ cup desiccated coconut
- 2 tablespoons curry powder
- 1 tablespoon vegetable stock powder
- 2 instant noodles squares (no sachet)
- 1 ½ cups reduced fat milk

Equipment

Chopping board, knife, frypan, large spoon, grater, measuring spoons, measuring cups



1.

Peel then dice onion and garlic.
Turn frypan on to medium heat, spray with oil. Add onion, garlic and mince to frypan. Cook until browned

2.

Chop snow peas into pieces.
Grate zucchini and carrots.
Add vegetables to frypan.
Cook for 5 minutes or until vegetables are slightly soft.



3.

Add coconut, curry powder, stock powder and stir to combine.



4.

Break up instant noodles into frypan. Stir into mince mixture.



5.

Add milk to frypan. Cook for 5 minutes or until noodles are soft. Add an extra ½ cup of water if needed.

