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**Chop Suey**

**Ingredients (Serve 2)**

100g Minced Beef

1Tbs long grain rice

1/3 stick celery

¼ onion

6 French beans

½ carrot

1/8 cabbage

¾ tsp chicken stock powder

1tsp curry powder

1 Tbs oil for frying

¾ cup hot water

**Method**

1. Collect ingredients.

Dice onion, and celery, shred cabbage, peel and grate carrot.

1. Top ‘n’ tailed and chop French beans.
2. Dissolve chicken stock powder in ¾ cup of hot water.
3. In a large saucepan, add oil and fry onion for 2 minutes.
4. Add minced beef, sprinkle curry powder over meat and fry until meat is well browned.
5. Add chopped beans and celery.
6. Add rice and stir well.
7. Add shredded cabbage, grated carrot, and chicken stock.
8. Cover and cook over low heat for about 10 minutes.
9. Dish up on a plate and serve hot.

**Learning Intention**

**To learn how to make a one pot, nutritious meal.**

1. List the vegetable preparation techniques and name 2 other foods that can be prepared the same way for each.
2. Why is Chop Suey classed as a nutritious meal?
3. What are two main ingredients? What could be used instead of each and why?