

TIP

60g dry or 100g fresh noodles makes
1 cup of ready-to-eat noodles.



Ginger, beef and broccolini stir fry

No. serves per person	Ingredients	Variations
V 3¼	<ul style="list-style-type: none"> • ¼ onion • ¼ carrot + ¼ red capsicum • 2 broccolini spears or broccoli florets • 1 large handful chopped bok choy 	<ul style="list-style-type: none"> • Pumpkin • Broccoli • Snow peas
C 2	1 cup ready-to-eat noodles	Rice
P 1	150g lean beef strips (raw weight)	Lean lamb strips
Flavour	Garlic, ginger, oyster sauce, salt reduced soy sauce	Reduced salt soy sauce and sweet chilli sauce

Lamb and lentil curry

No. serves per person	Ingredients	Variations
V 4	<ul style="list-style-type: none"> • ½ onion • ½ carrot • ¼ can tomatoes (approx. 100g) • 1 handful green beans 	<ul style="list-style-type: none"> • Diced pumpkin • Chopped spinach • Tomatoes • Onion
C 2	½ cup cooked lentils or ¼ can lentils (drained) ½ plain naan	Rice
P 1½	150g lean lamb shoulder, diced or forequarter chops (raw weight without bone)	Lean beef (blade, chuck or boneless gravy beef)
Dairy ¼	Serve with a dollop of yoghurt	
Flavour	Korma curry paste, salt reduced chicken stock	Massaman or Rogan Josh spices

TIP

1 serve of curry sauce
is approximately 3 large
serving spoons

