## The Independent SCHOOL FOOD PLAN



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Number of portions this recipe makes: 10 primary servings (230g) 7 secondary servings (325g)



Prep: 15 minutes Cook: 15 minutes

Allergy information:

Egg, soya, wheat (gluten)

Top Tips

Swap beef for Quorn™ or tofu for a vegetarian alternative.

**Government Buying Standards for Food & Catering Services** Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats and cooking sauces with less than 0.83g/100g salt.

## **BEEF CHOW MEIN**

Meat main dish / Grab & Go: This recipe contains a portion of starchy food and a portion of meat. It counts towards the standards to provide a portion of starchy food and a portion of meat, fish, eggs, beans and other non-dairy sources of protein each day.

Recipe adapted from: EATS (East Anglian Taste for Schools)

## **Ingredients**

15ml (1tbsp) vegetable oil 500g beef strips 150g onion, peeled and sliced 100g green peppers, deseeded and sliced 150g carrots, peeled and finely sliced 100g peas, fresh or frozen 150g beansprouts 500g egg noodles 200ml plum sauce

## **Method**

- 1. Cook the noodles according to manufacturer's instructions. Then drain.
- 2. Heat the oil in a pan on a high heat, add the beef and cook for 5 minutes until lightly browned.
- 3. Reduce the heat to medium and add the onions, peppers, carrots and peas and cook for a further 5 minutes.
- 4. Add the beansprouts, noodles and sauce and continue to cook until core reaches the required temperature.

**Serving suggestion**: in a noodle box with chopsticks as a Grab & Go option.



We have asked Children's Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The 'What Works Well' website brings together the best ideas in school food & food education <u>http://www.schoolfoodplan.com/www</u>

Public Health England

