

Beef San Choy Bow

Rating: ★★★★★

Dietary: DF, GF, EF, NF

Allergens: Sesame, Soy

Age group: 8 months+

Mealtime: Lunch

Difficulty level: Beginner



Serves: 8

Prep: 10 mins

Cook: 10-15 mins

BEEF SAN CHOY BOW



Dairy Free



Gluten Free



Egg Free



Nut Free

Equipment

High-speed food processor

Ingredients

- 3 spring onions (70g), rinsed and roughly chopped
- 2 garlic cloves (10g), peeled
- ½ medium red capsicum (160g), rinsed, seeds removed and quartered
- 1 medium carrot (120g), peeled and roughly chopped
- 1 zucchini (180g), rinsed and roughly chopped
- 1 tbsp (20ml) extra virgin olive oil
- 500g lean beef mince
- ¼ cup (60ml) tamari or low-sodium soy sauce
- 1 tsp (5ml) sesame oil, optional
- ½ head iceberg lettuce (250g), separated into cups

Method

1. Place onions, garlic, capsicum, carrot and zucchini into a high-speed food processor and process until finely chopped.
2. In a large frying pan, heat oil over medium-high heat.
3. Add veggie mix and cook for 2-3 mins, stirring frequently.
4. Add beef mince and cook for 3-4 mins, breaking up any lumps with a fork or spoon.
5. Season with tamari and sesame oil and cook for another minute.
6. Serve mince veggie mix with lettuce cups and brown rice.

Mandy's serving suggestion:

Serve with brown rice, lettuce cups and steamed vegetables.

Kids can fill their lettuce cups with rice and mince mix.

Storing leftovers: Store in an airtight container in the fridge for up to 3 days or freeze for up to 4 months.

Tips

✓ Allergies:

Sesame-free version: Leave out sesame oil if your child is allergic to sesame.

✓ For a vegetarian version:

Swap the beef mince for black beans.

✓ Easy ingredient swaps:

Swap vegetables for seasonal vegetables of choice.

✓ Baby-friendly version:

Serve mashed or cut into finger food-sized pieces.

✓ For fussy eaters:

- Make sure the vegetables are smoothly pureed into the mince mix.
- Deconstruct this meal by serving beef mince mix, rice and lettuce separately.