

Beef San Choy Bow

Serves: 8

Prep: 10 mins

Cook: 10-15 mins



Dietary: EF, DF, NF, GF

Allergens: Soy

Age group: 8 months+

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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
- 560g lean beef mince
- ¼ cup (60ml) tamari or low-sodium soy sauce
- 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 and lumps with a fork or spoon.
5. Season with tamari and cook for another minute.

Serving suggestion: Serve with wholegrain rice, lettuce cups and steamed vegetables on the side.

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

Tips

- ✓ **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 selective eaters:** Ensure the vegetables are smoothly pureed into the mince mix. Deconstruct this meal by serving beef mince mix, rice and lettuce separately and encourage children to fill their own lettuce cups with the mince mixture.