

# QUICK CHOW MEIN

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## INGREDIENTS

1 small head Cabbage, or half large- about 2 pounds total

1 bunch Nantes Carrots, grated

½ large Yellow Onion, sliced into strips

2 ribs Celery, sliced on diagonal

6 ounces Snow Peas, about 2 Cups

1 Pound ground Pork, Chicken or Beef or crumbled firm Tofu

1 2 Tablespoons Curry powder

¼ Cup Soy Sauce or Bragg's Amino Acids

1 Cup Chicken, Beef or Vegetable Broth

1 pack Organic Planet Noodles, any variety

## DIRECTIONS

In a large pot (Dutch Oven) heat a small amount of oil over medium high heat and brown meat or Tofu- drain off excess fat and transfer to a dish and keep warm.

Meanwhile cook Noodles according to packet directions, drain and then lightly oil to prevent them sticking together.

Prepare vegetables: slice Cabbage in half top to bottom and then make a V cut to remove core. Slice into thin strips and then slice crosswise to make smaller pieces.

Trim Snow Pea stem ends and remove any side string- leave whole or slice in half diagonally.

Slice onion and Celery and grate Carrots.

When meat is removed, add Onions and Celery and cook for a minute or 2- add more oil if needed to get them cooking.

When lightly cooked, add Curry powder & Cabbage, stirring to mix thoroughly.

After a minute, pour in Broth, meat or Tofu, Carrot and Snow Peas. Mix well for even cooking and then turn off before vegetables overcook.

Portion Noodles into bowls and then use tongs to top with Cabbage mixture.