

Try this low cost,  
vegetarian  
alternative.

Milk protein free  
Lactose free  
Nut free  
Vegetarian



Ingredients	6 serves	25 serves	60 serves
Hokkien noodles	300g	1.2kg	3kg
Eggs	3	12	30
Brown onion	1 small	1 large	2 large
Cabbage	¼ large	1 large	2½ large
Red capsicum	1	4	10
Broccoli florets	150g	600g	1.5kg
Baby corn cuts	Half a 425g can	2 x 425g cans	5 x 425g cans
Canola oil	½ tablespoon	2 tablespoons	3 tablespoons
Crushed garlic	1 clove (5g)	2 cloves (10g)	3 cloves (15g)
Soy sauce	1 tablespoon	3 tablespoon	125mL
Firm tofu	200g	800g	2kg

## Method

- 1 Cook noodles according to packet instructions.
- 2 Beat eggs with a fork and pour into a hot wok or non-stick pan. Cook to form a thin omelette, then set aside.
- 3 Peel and finely dice onion.
- 4 Slice cabbage, capsicum and broccoli into similar size pieces (discarding capsicum seeds and stalks).
- 5 Drain and wash baby corn.
- 6 Heat oil in pan, add onion and garlic. Gently cook until brown.
- 7 Add all vegetables and soy sauce. Stir and cook until vegetables are tender.
- 8 Cut cooked egg into strips.
- 9 Cut tofu into small blocks.
- 10 Add egg and tofu to pan. Stir for 2 to 3 minutes to heat through.
- 11 Serve with hokkien noodles.

## Tips

Other vegetables which are rich in vitamin C can be added to this recipe to boost iron absorption. You can try cauliflower, zucchini, green beans or peas.

## Each serve provides

- 1 children's serve of meat/alternatives<sup>1</sup> (egg and tofu)
- 1 ½ children's serves of vegetables<sup>2</sup>
- 1 ½ children's serves of grains<sup>3</sup> (noodles)
- A good source of vitamin C
- A source of iron

## Allergy modifications:

- For an egg free option, omit eggs and increase quantity of tofu to 85g per child.
- For a gluten/wheat free option, replace hokkien noodles with rice noodles and ensure stock and soy sauce is gluten free.

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

<sup>1</sup> One children's serve of lean meat, poultry, fish or alternatives is equal to half a serve in the *Australian Dietary Guidelines*.

<sup>2</sup> One children's serve of vegetables is equal to one serve in the *Australian Dietary Guidelines*.

<sup>3</sup> One children's serve of (grain) cereal foods is equal to one serve in the *Australian Dietary Guidelines*.

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