

# Sapasui – chop suey

## Ingredients

### Serves 4

- 125 grams vermicelli noodles*
- 1 tablespoon oil*
- 1 onion, diced*
- 2 cloves garlic, finely chopped*
- 2 teaspoons grated fresh ginger*
- 500 grams lean beef, stir fry cut*
- 1 red capsicum or carrot, finely chopped*
- 1 head broccoli, diced into bite-size pieces*
- 1 cup sliced green beans*
- 2 tablespoons soy sauce*
- 2 tablespoons lemon juice*
- ½ cup roughly chopped coriander*

## Method

1. Place vermicelli in a large bowl and add hot water until just covered. Soak for 10-15 minutes or until the noodles expand and turn transparent.
2. Heat oil in a large saucepan over low heat, add the onion and cook until softened.
3. Add garlic and ginger and cook for 2-3 minutes.
4. Add the beef and stir fry over medium heat until brown.
5. Drain the vermicelli over a bowl, saving ½ cup of the soaking liquid.
6. Add vermicelli and ½ cup of soaking liquid to the beef mix.
7. Add capsicum, broccoli, green beans, soy sauce and lemon juice, and simmer for 2 minutes.
8. Spoon into a bowl, garnish with coriander and serve.



## Equipment

-  Colander
-  Cutting board and knife
-  Grater
-  Kitchen scales
-  2 large bowls
-  Large saucepan
-  Measuring cups
-  Measuring spoons
-  Serving spoon

## Preparation and cooking skills

Boil, chop, dice, drain, grate, simmer, slice, stir, stir fry.

## Nutrition

- Sapasui is a traditional Samoan dish with an Asian influence.
- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.