

Let's eat, Invercargill, and celebrate Neighbours Day

Your neighbour has shared this much-loved recipe for you to take, make and share with your friends, whānau and neighbours. Enjoy!

Makalita's Chop Chop Chopsuey

Makalita works at Pacific Trust Otago and has a sign in her Gala Street office that says, "Please don't rush me, I'm making mistakes as fast as I can." In recent months, taking many trips to support local Pacific Island families, she has been telling herself to "Chop chop (hurry up)!" On that note, Makalita is sharing a quick and easy one pot meal that will feed the whole family.



- 125 g vermicelli noodles
- 1 tbsp oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 tsp fresh ginger, grated
- 500 g lean beef, stir-fry cut
- 1 red pepper or carrot, finely chopped
- 1 head broccoli, cut into bite-size pieces
- 1 cup green beans, sliced
- 2 tbsp soy sauce

Place the vermicelli in a large bowl and add hot water until just covered. Soak for 10-15 minutes or until the noodles have expanded.

Heat the oil in a large pot, add the onion and cook until softened

Add garlic and ginger and cook briefly. Add the beef and cook until it is just done.

Drain the vermicelli over a bowl, saving ½ cup of the soaking liquid.

Add the vermicelli and ½ cup of soaking liquid to the beef mix.

Add the vegetables and soy sauce, and simmer for a couple of minutes.

