



Mie Goreng

Season: All
Type: Big Dishes
Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: bean sprouts, bok choy or Asian greens, capsicum, carrots, eggs, limes, spring onions, Asian herbs such as coriander, Thai basil, Vietnamese mint

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

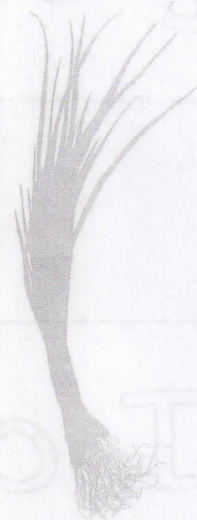
This is a classic Indonesian dish using traditional flavours of garlic, chilli, palm sugar and lime. If you like, you can substitute the tofu with chicken, adjust the ingredients to suit the fresh produce available in any season, and experiment with different mixes of Asian greens and herbs – the final flavour is really up to you!

Equipment:

clean tea towel
chopping board
kitchen knife
metric measuring scales,
cups and spoons
grater (optional)
large mixing bowl
whisk
colander
wok (possibly 2)
mortar and pestle
wooden spoon
serving platter

Ingredients:

12 spring onions
2 carrots
8 garlic cloves
8 snake beans or green beans
1 capsicum
500 g bok choy or Asian greens
400 g tofu or chicken
~~8 eggs~~
1 quantity **egg noodles** or 300 g dry noodles
6 tablespoons vegetable oil
2 cups bean sprouts
2 tablespoons sweet chilli sauce
1/4 cup thick sweet soy sauce
2 tablespoons palm sugar
salt to taste
large handful of mixed Asian herbs
2 limes



What to do:

- Cut the spring onion into diagonal slices.
- Julienne the carrots, or grate them if you prefer. Deseed the chilli.
- Crush the garlic and chilli using the mortar and pestle.
- Thinly slice the snake beans, capsicum and bok choy or Asian greens.
- Chop the tofu or chicken into bite-sized pieces.
- Whisk the eggs in a bowl.

- Cook the noodles for 3–5 minutes, drain and rinse with cold water.
- Heat the oil in the wok and, when hot, add the garlic and spring onion and cook for 1 minute. (Note if the dish is too large you may need to cook it in 2 woks.)
- Add the tofu and fry for 1 minute.
- Now add the greens and bean sprouts and cook for 1 minute.
- Add the chilli sauce, thick soy and palm sugar and mix well.
- Add the eggs and stir continuously for 30 seconds.
- Increase to a high heat and add the cooked noodles, plus salt to taste.
- Fry for 3 more minutes, stirring continuously.
- Chop up the herbs and slice the lime into wedges.
- Serve with herbs and lime as garnishes.

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