# Mie Goreng

**Season:** All  
**Difficulty:** Easy  
**Serves:** 30-40 small serves  
**Recipe source:** Stephanie Alexander Kitchen Program Syllabus  
**From the garden:** Broccoli, eggs, Perpetual Spinach, Cavalo Nero, Cabbage, and Coriander

## Equipment:
- Knifes and Chopping Boards  
- Large Mortar and Pestle  
- Wok (or two)  
- Mixing Bowls

## Ingredients:
- 1-2 large stalks of Lemongrass  
- 2 thumb sized pieces of Ginger  
- 6 cloves of Garlic  
- 2 red Chillies  
- 6-8 Spring Onions  
- 1-2 Large Red Capsicum  
- 1Kg of greens – Broccoli, Cabbage, Perpetual Spinach and other leaves  
- 200g Beanshoots  
- 1 tablespoon brown sugar  
- 1 tablespoon sweet chilli sauce  
- 6 eggs  
- Vegetable oil for cooking  
- One bunch of Coriander  
- Sliced Limes (optional)

## What to do:
- Peel the lemongrass and trim the ends with a knife to reveal the softer part, chop into chunks and add to the mortar and pestle.  
- Peel the garlic cloves, de-seed the chillies and peel the ginger; then add to the mortar and pestle.  
- Smash the aromatics up until they form a smooth paste (for several minutes).  
- Meanwhile prepare the veggies – wash carefully and slice into small pieces, or ribbons for the leaves. Leave the beanshoots whole but give them a good wash.  
- Whisk the eggs in a small bowl, and measure out the sweet chilli sauce and brown sugar.  
- Wait until everything else is nearly ready, as cooking only takes a few minutes – clean the bench and wash up all the utensils used.  
- Get the wok on a high heat and wait until it is hot, add about 2 tablespoons of oil then add the aromatics from the mortar and pestle and cook for one minute (make sure you have the extractor on high).  
- Add the broccoli, then cabbage, then other leaves, cooking each for a minute before adding the next.  
- Add the brown sugar and sweet chilli sauce.  
- Then add the beanshoots and red capsicum, cooking for a further minute.
• Now add the egg, stirring continuously so it breaks up and coats all the ingredients.
• Cook for a further minute or two, turn off the heat and stir through the noodles and the Coriander leaves.
• Serve with lime if available.