  


**Mie Goreng**

**Season:**  All

**Difficulty:** Easy

**Serves:** 30-40 small serves

**Recipe source:** adapted from Stephanie Alexander Kitchen Program Syllabus

**From the garden:** Pak Choy, capsicum, chilli, spring onions, eggs

**Allergy advice:** contains egg (noodles and eggs) and wheat (noodles and kecap manis)

Remove a small bowl of vegetables before adding eggs, noodles or sauces. Make rice noodles and add 1 tsp each of tamari and sweet chilli to flavour.

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| **Equipment:**  ·      Knifes and Chopping Boards  ·      Large Mortar and Pestle  ·      Wok (or two)  ·      Mixing Bowls | **Ingredients:**   * 300g egg noodles * 1 thumb sized pieces of Ginger * 3 cloves of Garlic * 1 red Chillis * 6 Spring Onions * 1 Large Capsicum * 2 carrots | * 1 large Pak Choy * 200g Bean sprouts * 2 tablespoons palm sugar * 2 tablespoon sweet chilli sauce * 2 tbs kecup manis * 4 eggs * Vegetable oil for cooking * ½ bunch of Coriander, chopped * Limes, wedges (optional) |

**What to do:**

* Half fill a medium pot of water and put onto boil with lid on.
* Roughly chop garlic and ginger. Remove seeds from chilli and chop. Now crush in a mortar and pestle until you have a nice paste.
* Remove just the roots from the spring onions and any old or dirty outer layers, then slice diagonally using both the white and green sections , set aside.
* Cut carrots and capsicum into julienne strips.
* Chop the pak choy stems and leaves into bite sized pieces.
* Place noodles into a saucepan of boiling water, boil for 3-5 minutes. Drain and rinse under cold water. Set aside in a bowl.
* Wash bean shoots using a colander.
* Grate palm sugar,  add sweet chilli and kecup manis to a small bowl.
* Now heat 1 tbs oil in wok. Add garlic, ginger and chilli paste, fry for 1 minute.
* Add the spring onions next, then the carrots and capsicums, stir fry for 2 minutes.
* Add the Pak choy and bean sprouts, stir fry for 2 minutes.
* Check with teacher for any allergies first then make a well in the centre of your vegetables and break in the eggs. Leave to cook for a minute before mixing through.
* Add the noodles and sauces stir fry for 2-3 minutes.
* Taste and season with salt and pepper.
* Chop coriander and slice lime into wedges to garnish.