Asian Noodle Salad

**Fresh from the garden:** carrots, eggs, snake beans or wing beans if available, spring onions, Thai basil, Vietnamese mint

**Recipe source:** Emma Lupin, Kitchen Specialist, Alawa Primary, Northern Territory

This is an easy but very tasty dish that focuses on fundamental Asian flavours and textures: salty, sour and sweet, with crunch provided by bean sprouts, along with traditional fresh herbs.

**Equipment:**
- metric measuring scales, cups and spoons
- clean tea towel
- chopping board
- paring knife
- grater
- saucepan with steaming insert and lid
- colander
- mixing bowls – 1 large, 1 small metal bowl
- fork
- wok
- egg flip
- serving bowl for each table

**Ingredients:**
- 1 quantity **Basic Egg Noodles** or 300 g dry egg noodles
- sesame oil
- 300 g snake beans/wing beans, trimmed and cut into 3 cm lengths
- 6 eggs
- 1 tsp soy sauce
- vegetable oil for sautéing
- 600 g bean sprouts
- 2 cups Vietnamese mint/Thai basil, roughly chopped
- 8 spring onions, finely sliced
- 2 carrots, julienned

**For the dressing:**
- 5 tbsp rice vinegar
- 2 tbsp soy sauce
- 1 tbsp sugar
- 2 tbsp sesame oil

**What to do:**
1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put a saucepan of water on to boil and, once boiling, add the egg noodles. Test after 3 minutes and boil a little more if not cooked through.
3. Drain the noodles and refresh with cold water. Drain again and pour into a large bowl; stir through a little sesame oil and set aside.
4. Steam the snake or wing beans for a minute or two; drain and refresh with cold water.

5. In a metal bowl, whisk the eggs 3 at a time with a fork and then add the soy sauce.

6. Heat a little oil in the wok and, when the wok is smoking hot, add the egg mixture. Cook until just firm, turning the wok so the egg forms a flat omelette, then flip and cook the other side. Remove and cut into strips.

7. Make the dressing by mixing together the dressing ingredients in a small bowl with a fork.

8. Mix the sprouts and beans into the noodles.

9. Divide between serving bowls and pour a little of the dressing over each.

10. Top with the sliced egg and sprinkle over fresh herbs, spring onions and carrots.