

Asian Noodle Salad

Season: All

Serves: 30 tastes in the classroom
or 6 at home

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.

