

Mie Goreng

Season: All

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: bean sprouts, bok choy or Asian greens, capsicum, carrots, chilli, eggs, garlic, green beans, limes, shallots, snake beans, spring onions, Asian herbs such as coriander, Thai basil and Vietnamese mint

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
cook's knife
mortar and pestle
metric measuring scales,
cups and spoons
whisk
large mixing bowl
wok (possibly 2)
colander
wooden spoon
grater (optional)
serving platter

Ingredients:

6 garlic cloves, finely chopped
2 shallots, roughly chopped
1 long red chilli, deseeded and chopped
½ tsp salt
8 eggs
1 quantity **Egg Noodles** or 300 g dry
noodles
3 tbsp sunflower oil, plus 1 tsp for the
noodles
200 g tofu or chicken, chopped bite-size
2 carrots, peeled and julienned or grated
1 capsicum, sliced thinly
8 snake beans or green beans, roughly
chopped
8 spring onions, sliced diagonally
300 g bok choy or Asian greens, roughly
chopped
¼ cup thick sweet soy sauce (kecap manis)
1 tbsp palm sugar
salt, to taste
2 cups bean sprouts (optional)
large handful of mixed Asian herbs, chopped
2 limes, sliced into wedges



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Pound the garlic, shallots and chilli using the mortar and pestle to create a paste, then add the salt.

3. Whisk the eggs in a bowl. Heat the wok and then pour the egg mix into the wok and cook on a high heat until the mix is cooked right through and looks like a big omelette. Slice up the omelette and set aside.
4. Cook the noodles for 3–5 minutes, drain and rinse with cold water. Toss through 1 teaspoon of sunflower oil.
5. Heat the rest of the oil in the wok and, when hot, add the garlic and chilli paste. Cook for 30 seconds. (Note if the dish is too large you may need to cook it in 2 woks.)
6. Add the tofu or chicken and fry for 1 minute.
7. Add the carrots, capsicum, beans and spring onions, and cook for 2 minutes.
8. Now add the greens and cook for 1 minute.
9. Add the kecap manis and palm sugar, then mix well.
10. Add some of the sliced omelette and stir continuously for 30 seconds. (Reserve the rest for a garnish.)
11. Increase to a high heat and add the cooked noodles, plus salt to taste.
12. Fry for 3 more minutes, stirring continuously.
13. Top with bean sprouts and fresh herbs.
14. Serve with the reserved omelette and lime as garnishes.

