Nasi Goreng

Season: Autumn/Winter

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: bok choy or Asian greens, capsicums, carrots, eggs, garlic, snake beans, spring onions, Asian herbs such as coriander, Thai basil, Vietnamese mint

Nasi goreng is a traditional Indonesian dish, using ingredients similar to mie goreng, but slightly different. Do you know what 'mie' and 'nasi' mean in Indonesian? What about 'goreng'?

Note: You can adjust the ingredients to suit the fresh produce available in any season.

Equipment:

2 clean tea towels
2 chopping boards
2 cook's knives
grater (optional)
metric measuring scales and spoons
whisk
mixing bowls – 1 small, 1 large
wok
spatula or wok sang
wooden spoon
serving bowls

Ingredients:

8 eggs
3 tbsp sunflower oil
8 cloves of garlic, finely chopped
12 spring onions, sliced diagonally
400 g chicken meat, chopped into bite-sized pieces (optional)
2 carrots, peeled and julienned or grated
8 snake beans or 16 green beans, thinly sliced
1 capsicum, thinly sliced
500 g bok choy or Asian greens, roughly chopped
1 tbsp chilli sauce
2 tbsp kecap manis
1 tbsp palm sugar
600 g cold cooked rice (300 g dry rice)
salt, to taste
1 handful of mixed Asian herbs, chopped

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Whisk the eggs in a large bowl.
3. Heat the wok and add the oil. Pour the egg mix into the hot wok and cook on a high heat until the mix is cooked right through and looks like a big omelette.
4. Remove from the wok, place on the chopping board and slice into long slivers.
5. Fry the garlic and spring onion in the wok for 1 minute.
6. Add the chicken, if using, and fry for another minute.
7. Add the vegetables and fry for 1 minute.
8. Add the chilli sauce, kecap manis and palm sugar, then mix well.

9. Increase to a high heat, then add the rice and salt to taste.
10. Add the eggs and stir continuously for 30 seconds.
11. Fry for 3 more minutes, stirring continuously.
12. Garnish with the Asian herbs, if using.