



Mie Goreng

Season: All

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: Asian herbs (e.g. coriander, Thai basil, Vietnamese mint), bean sprouts, bok choy or Asian greens, capsicum, carrots, chilli, eggs, garlic, green beans, limes, shallots, snake beans, spring onions

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:

medium saucepan (if using dry egg noodles)
metric measuring scales, cups and spoons
clean tea towel
chopping board
cook's knife
mortar and pestle
medium mixing bowl
whisk
wok (possibly 2)
egg lifter
colander
wooden spoon or wok sang
serving platter

Ingredients:

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



What to do:

1. If using dry egg noodles, put a saucepan of water on to boil. Otherwise, follow the cooking directions in the **Basic Egg Noodles** recipe.
2. Prepare all of the ingredients based on the instructions in the ingredients list.



3. Pound the garlic, shallots and chilli using the mortar and pestle to create a paste, then add the half teaspoon of salt.
4. Whisk the eggs in the bowl. Heat the wok, add 1 tablespoon of oil 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.
5. Transfer the omelette to the chopping board. Roll and slice it up, and set it aside.
6. If using dry noodles, boil the noodles for 2–3 minutes, drain and rinse with cold water. Toss through 1 teaspoon of sesame oil.
7. 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 two woks.)
8. Add the tofu or chicken and fry for 1 minute.
9. Add the carrot, capsicum, beans and spring onions, and cook for 2 minutes.
10. Increase to a high heat and add the cooked noodles.
11. Add the kecap manis, soy sauce and palm sugar, then mix well.
12. Add some of the sliced omelette (reserve the rest for a garnish) and stir continuously for 30 seconds.
13. Now add the greens and cook for about 4 minutes, stirring continuously.
14. Taste, and add salt as necessary.
15. Top with bean sprouts and fresh herbs.

