

Vegetables & Seasoning Sauce for Fried Noodles

Season: Autumn

Type: Side

Serves: 32 tastings

From the garden: Pumpkin, lettuce, capsicum & coriander leaves



Class focus: Grating & cutting vegetables into thin strips.

Equipment:

Small mixing bowl x 1
Whisk x 1
Large wok x 1
Spatula x 1
Grater x 2
Chopping boards and knives
Measuring cups
Measuring spoons

Ingredients:

¼ cup canola oil
1 piece of pumpkin (skin-off, roughly grated)
1 lettuce (cut into thin strips)
3 small capsicums (deseeded, finely chopped)
½ packet tofu (cut into thin strips/sticks)
1 sprig coriander leaves (finely chopped)

Seasoning sauce:

6 tablespoons soy sauce
2 teaspoons sugar
1 teaspoon sesame oil
10 grinds of pepper

What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put the **first 6 ingredients** in a wok over high heat, fry until vegetables are cooked, about 3 minutes. Remove from heat and leave the vegetables in the wok for **Blue Group**.
4. Mix all the ingredients for the seasoning sauce in a small mixing bowl, pass the sauce to **Blue Group**.

For sesame free option:

Do not put sesame oil in the Seasoning Sauce.