

Thai Stir Fried Soy Sauce Noodles

Season: Autumn

Type: Main

Serves: 32 tastings

From the garden: Zucchini, capsicum & garlic

Class focus: Cutting vegetables into strips, grating & mincing



Equipment:	Ingredients:
<p>Large mixing bowl x 1 Small mixing bowl x 1 Fork x 1 Whisk x 1 Colander x 1 Large wok x 1 Spatula x 1 Chopping boards and knives Measuring spoons Measuring cups Serving bowl x 5 Kitchen tong x 5</p>	<p>2 packets noodles</p> <p>¼ cup canola oil 3 cloves garlic (minced) ½ zucchini (skin-on, cut into fine strips) 2 capsicum (deseeded, cut into thin slices) 1 carrot (skin-on, roughly grated)</p> <p><i>Sauce:</i> 3 tablespoons dark soy sauce 1 tablespoon soy sauce 2 teaspoons white vinegar 2 teaspoons sugar ¼ cup water (from tap)</p>

What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Soak noodles in a large mixing bowl of boiling water from kettle for 3 minutes, using a fork to loosen the noodles half way through. Drain and set aside.
4. In a small mixing bowl, mix together the sauce. Set aside.
5. Heat oil in a wok over medium-high heat, add garlic and all the vegetables, stir fry until vegetables are cooked, about 2 minutes.
6. Add in noodles and the sauce, stir fry for 2 minutes, tossing to coat the noodles in the sauce.
7. Serve into 5 large serving bowls with a kitchen tong in each.