Vegetable Fried Noodles (Vegetable Chow Mein)

Season: Autumn
Type: Main
Serves: 32 tastings
From the garden: Pumpkin & lettuce

Class focus: Boiling fresh noodles

Equipment:	**Ingredients:**
Small stockpot x 1 Colander x 1 Wooden spoon x 1 Measuring cups Serving bowl x 5 Kitchen tong x 5	Hot water from kettle for cooking noodles 1 teaspoon salt Please get the seasoning sauce from **Green Group**

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Pour hot water from the kettle into a small stockpot, add salt and bring the water to a rolling boil.
3. Add noodles and stir gently until noodles are cooked, about 3-5 minutes.
4. Drain the noodles and pour it into the wok used by **Green Group**.
5. Please get the seasoning sauce from **Green Group**.
6. Pour the sauce over the noodles and toss well.
7. Serve into 5 large serving bowls with a kitchen tong in each.

Interesting terms: rolling boil
Interesting techniques: Boiling fresh noodles