

Vegetable Fried Noodles (Vegetable Chow Mein)

Season: Summer

Type: Main

Serves: 36 tastings

From the garden: Chives, zucchini, garlic & kale

Class focus: Cutting vegetables into thin strips and sticks



Equipment:

Large mixing bowl x 1
Small mixing bowl x 1
Kitchen tong x 1
Wooden spoon x 1
Colander x 1
Large wok x 1
Spatula x 1
Chopping boards and knives
Measuring cups
Measuring spoons
Serving bowl x 5
Kitchen tong x 5

Ingredients:

1 packet (1kg) Chow Mein noodles

½ cup canola oil
2 cloves garlic (minced)
2 carrots (skin-on, cut into thin sticks)
1 zucchini (skin-on, cut into thin sticks)
8 kale leaves (cut into thin strips)

6 chives (cut into 2cm pieces)

Seasoning:

1 tablespoon corn flour
6 tablespoons soy sauce
2 teaspoons sugar
1 teaspoon sesame oil
½ cup water
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. Soak noodles in a large mixing bowl of boiling water from the kettle for 3 minutes, using a kitchen tong to loosen the noodles half way through. Drain and set aside.
4. Mix all the ingredients for the seasoning in a small mixing bowl, set aside.
5. Heat oil in a wok over high heat, add garlic, carrot, zucchini and kale, cook until garlic is lightly golden, about 1 minute.
6. Add noodles, stir fry for 2 minutes, then add chives and seasoning, stir fry for another 2 minutes until vegetables are cooked.
7. Serve into 5 large serving bowls and with a kitchen tong in each.