

## Thai Stir Fried Soy Sauce Noodles

**Season:** Spring

**Type:** Main

**Serves:** 36 tastings

**From the garden:** Bok Choy, broccoli & carrot

**Class focus:** Cutting vegetables into strips, grating & mincing



### Equipment:

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  
Grater x 1  
Chopping boards and knives  
Measuring spoons  
Measuring cups  
Serving bowl x 5  
Kitchen tong x 5

### Ingredients:

2 packets noodles  
  
¼ cup canola oil  
2 cloves garlic (minced)  
3 bok choy (cut into 0.5cm strips)  
1 broccoli (cut into small florets)  
1 carrot (skin-on, roughly grated)

#### *Sauce:*

3 tablespoons dark soy sauce  
1 tablespoon soy sauce  
2 teaspoons white vinegar  
2 teaspoons sugar  
¼ cup water (from tap)

### 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.