



# Mie Goreng

Season: All  
Type: Big Dishes  
Difficulty: Easy

Serves: 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** bean sprouts, bok choy or Asian greens, capsicum, carrots, eggs, limes, spring onions, Asian herbs such as coriander, Thai basil, Vietnamese mint

**Recipe Source:** Stephanie Alexander Kitchen Garden Foundation

This is a classic Indonesian dish using traditional flavours of garlic, chilli, palm sugar and lime. If you like, you can substitute the tofu with chicken, adjust the ingredients to suit the fresh produce available in any season, and experiment with different mixes of Asian greens and herbs – the final flavour is really up to you!

## Equipment:

clean tea towel  
chopping board  
kitchen knife  
metric measuring scales,  
cups and spoons  
grater (optional)  
large mixing bowl  
whisk  
colander  
wok (possibly 2)  
mortar and pestle  
wooden spoon  
serving platter

## Ingredients:

12 spring onions  
2 carrots  
8 garlic cloves  
8 snake beans or green beans  
1 capsicum  
500 g bok choy or Asian greens  
400 g tofu or chicken  
8 eggs  
1 quantity **egg noodles** or 300 g dry noodles  
6 tablespoons vegetable oil  
2 cups bean sprouts  
2 tablespoons sweet chilli sauce  
¼ cup thick sweet soy sauce  
2 tablespoons palm sugar  
salt to taste  
large handful of mixed Asian herbs  
2 limes



## What to do:

- Cut the spring onion into diagonal slices.
- Julienne the carrots, or grate them if you prefer. Deseed the chilli.
- Crush the garlic and chilli using the mortar and pestle.
- Thinly slice the snake beans, capsicum and bok choy or Asian greens.
- Chop the tofu or chicken into bite-sized pieces.
- Whisk the eggs in a bowl.





*Mie Goreng* continued

- Cook the noodles for 3–5 minutes, drain and rinse with cold water.
- Heat the oil in the wok and, when hot, add the garlic and spring onion and cook for 1 minute. (Note if the dish is too large you may need to cook it in 2 woks.)
- Add the tofu and fry for 1 minute.
- Now add the greens and bean sprouts and cook for 1 minute.
- Add the chilli sauce and palm sugar and mix well.
- Add the eggs and stir continuously for 30 seconds.
- Increase to a high heat and add the cooked noodles, plus salt to taste.
- Fry for 3 more minutes, stirring continuously.
- Chop up the herbs and slice the lime into wedges.
- Serve with herbs and lime as garnishes.

