

Mie Goreng

Season: All

Difficulty: Easy

Serves: 30-40 small serves

Recipe source: Stephanie Alexander Kitchen Program Syllabus

From the garden: Broccoli, eggs, Perpetual Spinach, Cavalo Nero, Cabbage, and Coriander

Equipment:	Ingredients:
<ul style="list-style-type: none"> • Knives and Chopping Boards • Large Mortar and Pestle • Wok (or two) • Mixing Bowls 	<ul style="list-style-type: none"> • 1-2 large stalks of Lemongrass • 2 thumb sized pieces of Ginger • 6 cloves of Garlic • 2 red Chillis • 6-8 Spring Onions • 1-2 Large Red Capsicum • 1Kg of greens – Broccoli, Cabbage, Perpetual Spinach and other leaves • 200g Beanshoots • 1 tablespoon brown sugar • 1 tablespoon sweet chilli sauce • 6 eggs • Vegetable oil for cooking • One bunch of Coriander • Sliced Limes (optional)

What to do:

- Peel the lemongrass and trim the ends with a knife to reveal the softer part, chop into chunks and add to the mortar and pestle.
- Peel the garlic cloves, de-seed the chillies and peel the ginger; then add to the mortar and pestle.
- Smash the aromatics up until they form a smooth paste (for several minutes).
- Meanwhile prepare the veggies – wash carefully and slice into small pieces, or ribbons for the leaves. Leave the beanshoots whole but give them a good wash.
- Whisk the eggs in a small bowl, and measure out the sweet chilli sauce and brown sugar.
- Wait until everything else is nearly ready, as cooking only takes a few minutes – clean the bench and wash up all the utensils used.
- Get the wok on a high heat and wait until it is hot, add about 2 tablespoons of oil then add the aromatics from the mortar and pestle and cook for one minute (make sure you have the extractor on high).
- Add the broccoli, then cabbage, then other leaves, cooking each for a minute before adding the next.
- Add the brown sugar and sweet chilli sauce.
- Then add the beanshoots and red capsicum, cooking for a further minute.

- Now add the egg, stirring continuously so it breaks up and coats all the ingredients.
- Cook for a further minute or two, turn off the heat and stir through the noodles and the Coriander leaves.
- Serve with lime if available.