

# 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

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

## 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.