Mie Goreng

**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:**
- 8 garlic cloves, finely chopped
- 1 red chilli
- 2 shallots, roughly chopped
- ½ teaspoon salt
- 8 eggs
- 1 quantity egg noodles or 300 g dry noodles
- 3 tablespoons sunflower oil, plus 1 tablespoon for the noodles
- 2 carrots, peeled and julienned or grated
- 1 capsicum, sliced thinly
- 12 spring onions, sliced diagonally
- 200 g tofu or chicken, chopped bite-size
- 8 snake beans or green beans, sliced thinly
- 300 g bok choy or Asian greens, roughly chopped
- ¼ cup thick sweet soy sauce (kecap manis)
- 1 tablespoon palm sugar
- salt to taste
- 2 cups bean sprouts (optional)
- large handful of mixed Asian herbs, chopped
- 2 limes, sliced into wedges

**What to do:**
- Pound the garlic, shallots and chilli using the mortar and pestle. Add ½ teaspoon salt to create a paste.
- Whisk the eggs in a bowl.
- Cook the noodles for 3–5 minutes, drain and rinse with cold water. Toss through 1 teaspoon of sunflower oil.
Heat the oil in the wok and, when hot, add the garlic, ginger and chilli mix, and cook for 30 seconds. (Note if the dish is too large you may need to cook it in 2 woks.)

- Add the carrots, capsicum and spring onions, and cook for 2 minutes.
- Add the tofu or chicken and fry for 1 minute.
- Now add the greens and cook for 1 minute.
- Add the soy sauce or kecap manis, and the 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.
- Top with bean sprouts, if using.
- Serve with chipped herbs and lime wedges as garnishes.