



# 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

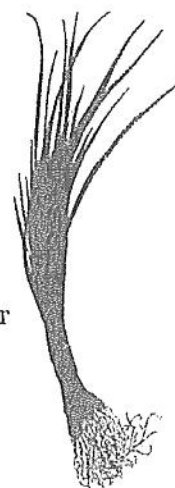
This is a classic Indonesian dish using traditional flavours of garlic, chilli, palm sugar and lime. If you like, you can substitute the tofu with chicken, adjust the ingredients to suit the fresh produce available in any season, and experiment with different mixes of Asian greens and herbs – the final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

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.





*Mie Goreng continued*

- 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 chpped herbs and lime wedges as garnishes.

