



Nasi Goreng

Season: Autumn/Winter

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: Asian herbs (e.g. coriander, Thai basil, Vietnamese mint), bok choy or Asian greens, capsicums, carrots, eggs, garlic, snake beans or green beans, spring onions

Nasi goreng is a traditional Indonesian dish, using ingredients similar to mie goreng, but slightly different. Do you know what 'mie' and 'nasi' mean in Indonesian? What about 'goreng'?

Note: You can adjust the ingredients to suit the fresh produce available in any season.

Equipment:

metric measuring scales and spoons
clean tea towel
chopping board
cook's knife
grater (optional)
large bowl
whisk
wok
spatula or wok sang
serving platters



Ingredients:

4 eggs
2 tbsp sunflower oil
4 garlic cloves, peeled and finely chopped
6 spring onions, sliced diagonally
400 g chicken meat, chopped into bite-sized pieces (optional)
1 carrot, peeled and julienned or grated
8 snake beans or 12 green beans, thinly sliced
1 capsicum, thinly sliced
600 g cold cooked rice (300 g dry rice)
1 tbsp chilli sauce
3 tbsp kecap manis
1 tbsp light soy sauce
1 tbsp palm sugar
salt, to taste
500 g bok choy or Asian greens, roughly chopped
1 handful of mixed Asian herbs, chopped



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Whisk the eggs in the large bowl.
3. Heat the wok and add 1 tablespoon of oil. Pour the egg mix into the hot wok and cook on a high heat until the mix is cooked right through and looks like a big omelette.
4. Remove from the wok, place on the chopping board and slice into long slivers.





Nasi Goreng continued

5. Heat the rest of the oil in the wok and fry the garlic and spring onions for 1 minute.
6. Add the chicken, if using, and fry for another minute.
7. Add the carrot, beans and capsicum and fry for 1 minute.
8. Increase to a high heat, then add the rice.
9. Add the chilli sauce, kecap manis, light soy sauce palm sugar and salt to taste, then mix well.
10. Add the Asian greens and fry for 3 more minutes, stirring continuously.
11. Add the eggs and stir continuously for 30 seconds.
12. Taste and adjust seasoning if necessary.
13. Serve on platters and garnish with the Asian herbs.

