

Mie Goreng

Bialik College Kitchen Garden Program



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Ingredients:

- 2 garlic cloves, peeled
- 1 brown onion, finely diced
- 1 long red chilli, deseeded and chopped (optional)
- 4 eggs
- 300g dry rice noodles*
- 2 tablespoons rice bran or vegetable oil
- 200g chicken or tofu, diced (optional)
- 1 carrot, peeled, and julienned or grated
- 1 capsicum, thinly sliced
- 10-12 green beans, roughly chopped
- 4 spring onions, sliced diagonally
- ¼ cup soy sauce
- 1 tablespoon brown sugar
- 1 bunch of bok choy or Asian greens, roughly chopped
- KECAP MANIS:**
- ¼ cup brown sugar
- ¼ cup soy sauce
- GARNISH:**
- 1 large handful bean sprouts
- 1 large handful coriander, chopped
- Lemon or lime, sliced into wedges

Equipment:

- medium saucepan
- metric measuring scales, cups and spoons
- chopping board
- cook's knife
- medium mixing bowl
- whisk
- wok
- small saucepan
- spatula
- colander
- wooden spoon
- serving platter

Method:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. **Make Kecap Manis:** Place ¼ cup brown sugar and ¼ cup soy sauce into a small saucepan. Stir to combine over low heat and reduce for 5 minutes or until the consistency of maple syrup. Turn off heat and allow to cool.
3. Whisk the eggs in the bowl. Heat large frypan or wok, add 1 tablespoon of oil and then pour the egg mix into the wok and cook on a high heat until the mix is cooked right through and looks like a big omelette.
4. Transfer the omelette to the chopping board. Roll and slice it up, and set it aside.

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5. Put on a saucepan of water on to boil. Cook the noodles according to the directions on the packet. Once cooked, drain and rinse with cold water. Toss through 1 teaspoon of oil.
6. Heat 1 tablespoon of oil in wok over medium-high heat, Add the garlic, onion and chilli (optional) and cook for 1-2 minutes.
7. Add chicken or tofu, cook until golden and cooked through.
8. Add the carrot, capsicum, beans and spring onions, and cook for 2 minutes.
9. Increase to a high heat and add the cooked noodles.
10. Add the kecap manis, soy sauce and brown sugar, then mix well.
11. Add some of the sliced omelette (reserve rest for garnish) and stir continuously for 30 seconds.
12. Now add the greens and cook for about 4 minutes, stirring continuously.
13. Taste and add salt as necessary.
14. Serve topped with bean sprouts, omelette and coriander.

*You can substitute the rice noodles for 3 cups of cooled cooked rice.