

Pad See Ew

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 2 tablespoons rice bran oil
- 3 cloves garlic, finely chopped
- 2 spring onions, finely chopped
- 300g broccoli, cut into florets and slice stems
- 150g bok choy or Asian greens, shredded
- 3 eggs, whisked
- 200g chicken breast or tofu (optional)
- 300g flat rice noodles
- KECAP MANIS:**
- ¼ cup brown sugar
- ¼ cup soy sauce

Equipment:

- wok/frying pan
- medium saucepan
- chopping board
- knife
- metric measuring spoons
- whisk
- spatula

Method:

1. Prepare all ingredients based on the instructions in the ingredients list above.
2. **KECAP MANIS:** Place ¼ cup brown sugar and ¼ cup soy sauce in a small saucepan. Heat over low-medium heat for 5 minutes until it reduces to the consistency of maple syrup. Allow to cool.
3. Place water in a medium saucepan to boil. Once boiling, cook noodles according the instructions on the packet. Drain and rinse under cold water. Set aside until needed.
4. Heat your wok to medium high heat.
5. Add the oil and when hot, stir fry the garlic and spring onions.
6. Add chicken or tofu (optional) and cook until golden and cooked through.
7. Add broccoli stems, cook for a 2 minutes.
8. Add the kecap manis and mix well to coat.
9. Then make a hole in the middle of the wok and add the eggs. Cook for a few minutes, scraping the eggs with a spatula every few seconds to break them up.
10. Add the cooked noodles to the wok, use a spatula to move them around and coat them with the sauce but trying not to break them up.
11. Add the greens and cook until tender and bright green.
12. Remove from heat and serve.