

Bok Choy with Soba Noodles

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ¼ cup liquid vegetable stock
- 2 tablespoons soy sauce
- 1 teaspoon cornflour
- 2 tablespoons rice bran oil
- 3 cloves garlic, minced
- 2 teaspoons grated ginger
- ¼ cup spring onions, finely sliced
- 6 bulbs Bok Choy, washed
- 1 packet soba noodles

Equipment:

- Metric measuring cups and spoons
- Chopping board
- Knife
- Wok
- Microplane grater
- Garlic mincer
- Medium saucepan with lid
- Colander
- Mixing bowls, small and medium
- Whisk or fork

Method:

1. Fill a medium saucepan with water. Place on the stove and bring to the boil. Cook noodles according to packet instructions.
2. After washing the Bok Choy, cut the leaves off the stems. Slice the Bok Choy stems and set aside. Slice the leaves and place them in a separate bowl.
3. Thinly slice spring onions, grate ginger and mince the garlic. Set all aside.
4. Combine vegetable stock, soy sauce and cornflour in a small bowl and whisk together. Set aside.
5. Heat oil in a wok over medium/high heat. Add the ginger, garlic and spring onions. Fry until fragrant, stirring constantly to prevent burning (about 1-2 minutes).
6. Add the sliced Bok choy stems and fry for another minute.
7. Add the cooked soba noodles, stirring to combine.
8. Place the stock and soy mixture into the wok and stir to coat. Cook until thickened.
9. Lastly, add the Bok choy leaves and stir until just wilted.
10. Remove from heat and serve.