

Nasi 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
- ☐ 3 cups cooked rice, chilled
- ☐ 2 tablespoons rice bran or vegetable oil
- ☐ 200g 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 homemade kecap manis
- ☐ 1 tablespoon brown sugar
- ☐ 1 bunch of bok choy or Asian greens, roughly chopped
- ☐ **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. 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.
3. Transfer the omelette to the chopping board. Roll and slice it up, and set it aside.
4. Heat 1 tablespoon of oil in wok over medium-high heat, Add the garlic, onion and chilli (optional) and cook for 1-2 minutes.
5. Add tofu, cook until golden and cooked through.
6. Add the carrot, capsicum, beans and spring onions, and cook for 2 minutes.
7. Increase to a high heat and add the cooled cooked rice.
8. Add the kecap manis, soy sauce and brown sugar, then mix well.

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9. Add some of the sliced omelette (reserve some for garnish) and stir continuously for 30 seconds.
10. Now add the greens and cook for about 4 minutes, stirring continuously.
11. Taste and add salt as necessary.
12. Serve topped with bean sprouts, sliced omelette and coriander.