

Fried Noodles

Serves: 32 tastings



From the garden: Bok choy, garlic, egg

Equipment: <ul style="list-style-type: none">• Large bowl x 1• Small bowl x 1• Fork x 2• Colander• Wok x 2• Plate x 1• Wooden spoon• Chopping boards and knives• Measuring spoons	Ingredients: <ul style="list-style-type: none">2 packets Hokkien noodles4 tablespoons canola oil4 eggs (lightly beaten)4 tablespoons canola oil4 cloves garlic (finely chopped)2 carrots (skin-on, cut into thin sticks)2 bok choy (cut into 3cm long pieces)6 tablespoons soy sauce10 grinds of pepper
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Method:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Soak noodles in a large bowl of boiling water for 3 minutes, using a fork to loosen the noodles half way through. Drain and set aside.
3. Heat oil in a wok over medium heat, pour in beaten eggs and stirring often until eggs are cooked and scrambled into small pieces. Transfer to a plate and set aside.
4. Heat oil in the same wok over medium heat, add garlic and carrot, cook until garlic is lightly golden, about 1 minute.
5. Add in noodles, stir fry for 1 minute, then add bok choy, soy sauce and pepper, stir fry until vegetables are cooked.
6. Serve into 5 large serving bowls and serve with a tong in each.