

# Vegetable Fried Noodles (Vegetable Chow Mein)

**Season:** Autumn

**Type:** Main

**Serves:** 32 tastings

**From the garden:** Chives & silverbeet

**Class focus:** Cutting vegetables into thin strips and sticks



## Equipment:

Large mixing bowl x 1  
Small mixing bowl x 1  
Kitchen tong x 1  
Wooden spoon x 1  
Colander x 1  
Large wok x 1  
Spatula x 1  
Chopping boards and knives  
Measuring cups  
Measuring spoons  
Serving bowl x 5  
Kitchen tong x 5

## Ingredients:

2 packets Chow Mein noodles  
  
1/3 cup canola oil  
2 cloves garlic (minced)  
4 carrots (skin-on, cut into thin sticks)  
3 silverbeet (cut into thin strips)

12 chives (cut into 2cm pieces)

### Seasoning:

1 tablespoon corn flour  
6 tablespoons soy sauce  
2 teaspoons sugar  
1/2 cup water  
10 grinds of pepper

## What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Soak noodles in a large mixing bowl of boiling water from the kettle for 3 minutes, using a kitchen tong to loosen the noodles half way through. Drain and set aside.
4. Mix all the ingredients for the seasoning in a small mixing bowl, set aside.
5. Heat oil in a wok over high heat, add garlic, carrot and silverbeet, cook until vegetables are slightly tender, about 1 minute.
6. Add noodles, stir fry for 2 minutes, then add chives and seasoning, stir fry for another 2 minutes until vegetables are cooked.
7. Serve into 5 large serving bowls and with a kitchen tong in each.

## For gluten free option:

After the completion of **Step 5**, please get Angela to take a portion of the vegetable mixture out for making the gluten free version.