



Mie Goreng

SERVES: 6

INGREDIENTS:

- 4 garlic cloves, peeled
- 2 shallots, rough chopped
- 1 long red chilli, de-seeded and chopped
- ½ tsp salt, plus extra to taste
- 4 eggs
- 1 quantity Basic Egg Noodles or 300g dry noodles
- 1 tsp sesame oil (if using dry noodles)
- 2 tbsp sunflower oil
- 200g tofu or chicken, chopped bite-size
- 1 carrot, peeled and julienned or grated
- 1 capsicum, thinly sliced
- 8 snake beans or green beans, roughly chopped
- 4 spring onions, slice diagonally
- ¼ cup thick sweet soy sauce (kecap manis)
- ¼ cup light soy sauce
- 1 tbsp palm sugar
- 300g bok choy or Asian greens, roughly chopped
- 2 cups bean sprouts (optional)
- 1 large handful of mixed Asian herbs, chopped
- 2 limes, sliced into wedges

METHOD:

1. If using the dry egg noodles, put a saucepan of water on to boil. Otherwise follow the cooking directions in the Basic Egg recipe
2. Prepare all of the ingredients based on the instructions in the ingredients list
3. Pound the garlic, shallots and chilli using the mortar and pestle to create a paste, then add the half teaspoon of salt
4. Whisk the eggs in the bowl. Heat the 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
5. Transfer the omelette to the chopping board. Roll and slice it up, and set it aside
6. If using dry noodles, boil the noodles for 2-3 minutes, drain and rinse with cold water. Toss through 1 teaspoon of sesame oil.



7. Heat the rest of the oil in the wok and, when hot, add the garlic and chilli paste. Cook for 30 seconds (Note: if the dish is too large you may need to cook it in two woks)
8. Add the tofu or chicken and fry for 1 minute
9. Add the carrot, capsicum, beans and spring onions, and cook for 2 minutes
10. Increase to a high heat and add the cooked noodles
11. Add the kecap manis, soy sauce and palm sugar, then mix well
12. Add some of the sliced omelette (reserve the rest for a garnish) and stir continuously for 30 seconds
13. Now add the greens and cook for about 4 minutes, stirring continuously.
14. Taste, and add salt as necessary
15. Top with bean sprouts and fresh herbs

