



MEE GORENG

SERVES 4

COOK TIME - 30 MINUTES

Ingredients

3 tbsp sunflower oil
2 whole eggs
1 medium (200g) onion, sliced
2 medium (10g) garlic cloves, minced
6 bunches (700g) bok choy
1 small head (300g) broccoli
1 medium (130g) red pepper
360g noodles, wheat, egg or rice noodles
160g tofu puffs (optional)
2 tbsp tamari or soy sauce or soy substitute
2 tbsp ketchup
2 tbsp kecap manis/sweet soy sauce
2 tsp curry powder
3 tsp cumin powder
2 tsp sugar
Pinch white pepper
salt
1/4 bunch cilantro, roughly chopped
2 green onions, sliced
1/8 (75g) head iceberg lettuce
2 tbsp fried shallots
1 lime, cut into wedges

Method

Put large pot of water on to boil for the noodles.

Heat wok on medium heat. Once the wok is hot, add 3 tbsp of oil and swirl the wok to coat the pan evenly. Pour out any excess oil into a bowl to use later.

Fry the eggs one at a time to create thin ribbons
Crack egg in a bowl, whisk and season with a

pinch of salt. Pour the egg into the wok and swirl the wok to create a very thin crepe like pancake. Fry for 15 seconds or until fully set. Get a thin spatula and flip once set. Fry for an additional 15 seconds and place onto a cutting board. Let cool for 15 seconds and then roll into a log and cut into thin ribbons. Place egg ribbons off to the side to use later.

Water should be boiling by now. Gently drop the noodles into the water and set timer according to package instructions. Once the noodles are done, strain them into a colander and run them under cold water until they are cold to the touch. Tossing the noodles while rinsing. Once cool, leave them in the colander and put off to the side.

Now create your mis en place (prepare your ingredients).

Peel and chop the onion into thin slices. Peel and mince the garlic.

Remove the core and chop the bok choy on the bias. It is much easier to eat when it is cut into strips. Place in a large bowl and fill with water. Let it soak for a few minutes and then drain. Chop the broccoli into bite size pieces. Thinly slice the red pepper. If using, chop the tofu puffs into triangles.

Prepare the garnish. Slice green onions on a bias. Roughly chop cilantro leaves. Thinly slice the iceberg lettuce. Slice the lime into 4 wedges.



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To make the sauce, mix together the tamari, ketchup, sweet soy sauce, curry powder, cumin, sugar, white pepper & 1/2 tsp salt.

To wok fry your noodles, heat the wok to medium high. Add 2 Tbsp of oil, using any discarded oil from the egg. Allow oil to heat up 15 seconds, then add onions cook for 3 minutes, tossing regularly.

Add garlic and fry until fragrant (approx 45 seconds).

Add bok choy, red pepper and broccoli. Increase heat to high and cook for 3 minutes.

Add noodles, egg, tofu, sauce and a 1/4 cup of water (to prevent sticking) to the wok and stir-fry. Tossing continuously until all the noodles are coated with the sauce and hot. Approx. 3 minutes.

Taste and adjust seasoning if needed.

Divide into bowls and garnish with lettuce, green onions, cilantro, fried shallots, wedge of lime.

Serve with favourite hot sauce on the side for added spice.