



Asian Noodle Salad

Season: All

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: carrots, eggs, snake beans or wing beans, spring onions, Thai basil, Vietnamese mint

Recipe source: Adapted from a recipe by Emma Lupin, Kitchen Specialist, Alawa Primary, Northern Territory

This is an easy but very tasty dish that focuses on fundamental Asian flavours and textures: salty, sour and sweet, with crunch provided by bean sprouts, along with traditional fresh herbs.

Equipment:

medium saucepan (if using dry egg noodles)
metric measuring scales, cups and spoons
clean tea towel
chopping board
small knife
colander
mixing bowls – 1 large, 1 small
saucepan with steamer and lid
metal bowl
2 forks
wok
egg flip
serving bowl for each table

Ingredients:

1 quantity **Basic Egg Noodles** or 300 g dry egg noodles
1 tsp sesame oil (if using dry egg noodles)
300 g snake beans/wing beans, trimmed and cut into 3 cm lengths
6 eggs
1 tsp soy sauce
1 tbsp sunflower oil
600 g bean sprouts
2 cups Vietnamese mint/Thai basil, roughly chopped
8 spring onions, finely sliced
2 carrots, peeled and julienned

For the dressing:

5 tbsp rice vinegar
2 tbsp soy sauce
1 tbsp sugar
2 tbsp sesame oil





What to do:

1. If using dry egg noodles, put a saucepan of water on to boil. Otherwise, follow the cooking directions in the **Basic Egg Noodles** recipe.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. If using dry egg noodles, boil the noodles for 2–3 minutes. Drain, refresh in cold water, drain and toss with 1 tsp sesame oil.
4. Place the noodles in the large bowl.
5. Steam the snake or wing beans for a minute or two; drain and refresh with cold water.
6. Whisk the eggs with the fork, three at a time in the metal bowl. Add the soy sauce.
7. Heat a little sunflower oil in the wok and, when the wok is smoking hot, add the egg mixture. Cook until just firm, turning the wok so the egg forms a flat omelette, then flip and cook the other side.
8. Transfer the omelette to the chopping board. Roll and slice it up, and set it aside.
9. Mix together the dressing ingredients with a clean fork in the small bowl.
10. Mix the sprouts and beans into the noodles.
11. Divide between serving bowls and pour a little of the dressing over each.
12. Top with the sliced egg and sprinkle over fresh herbs, spring onions and carrots.

