



Season: Year round or for Chinese New Year in January/February
From the garden: Onion, garlic, carrots, cabbage, garlic chives, coriander leaves and spring onions (*optional garnish*)
Type: Main
Difficulty: Easy
Country of origin: China
Serves: 15 small tastes
Source: Jiuan Kok

Equipment

- Cook's knife
- Chopping board
- Colander
- Small bowl
- Whisk or fork
- Measuring spoons
- Large frying pan or wok
- Fish slice
- Medium bowl
- Large serving bowl

Ingredients

- 1 onion
- 3 garlic cloves
- 4 carrots
- ½ small cabbage
- 2 cups bean sprouts
- 2 cups garlic chives
- 500g fresh noodles (rice or wheat noodles) or 300g dried rice noodles (vermicelli)
- 3 tablespoons vegetable oil
- 2 eggs
- 2 tablespoons light soy sauce
- Salt

GARNISHING:

- 2 tablespoon toasted sesame seeds (toast in a dry fry pan until browned)
or
 - 1 tablespoon finely chopped coriander leaves and spring onion
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How to make it

Step 1: Prep Vegetables

1. Peel and chop the onion (not the spring onion) and garlic finely.
2. Wash and drain the bean sprouts.
3. Wash and dry cabbage on a clean tea towel then slice finely.
4. Peel and cut the carrots into thin strips (julienne- see definition in the skills section below)
5. Cut the chives into 3cm strips. Set aside prepared vegetables for cooking.

Step 2: Make Omelette

6. Break the eggs into a small bowl, add a pinch of salt and whisk until combined.

Egg and Vegetable Fried Noodles

7. Heat 1 tablespoon of oil in a wok or large frying pan over a moderate heat. **Caution – hot! Ask an adult for help.**
8. Pour in the egg and swirl the pan to make a thin omelette. Carefully flip the omelette over to cook the other side.
9. Tip the omelette onto a dinner plate and allow to cool. Place the omelette on a cutting board and cut into thin strips. Set aside.

Step 3: Prepare Noodles

10. If using dried vermicelli noodles soak in hot water for 3-5 minutes. If using fresh egg or rice noodles these can be used as is and added to vegetables.

Step 4: Put it Together

11. Heat wok/frying pan with 2 tablespoons of oil on a medium heat and fry the garlic for 20 seconds till fragrant and soft.
12. Add the onion and stir fry over a gentle heat till soft and transparent.
13. Add the cabbage and toss until softened.
14. Add the carrots and toss well until just cooked.
15. Add the noodles. Keep tossing until the noodles are reheated, about 3 minutes.
16. Lastly add the chives and bean sprouts.
17. Drizzle the soy sauce over the mixture, add omelette and salt to taste. Remember that soy sauce is quite salty.
18. Mix well and taste for seasoning and add a little more salt if needed.
19. Finely chop the spring onion and coriander leaves (if using for garnish).
20. Serve in a large bowl garnished with toasted sesame seeds or chopped spring onion and coriander.

Notes:

- Use whatever seasonal vegetables are available, adding the vegetables that require a longer cooking time earlier on.
- Other vegetables to consider are finely sliced beans, broccoli, spinach, kohlrabi.
- Noodles is one of the traditional dishes prepared for Chinese New Year, the most important Chinese festival in the lunar calendar. The noodles signify long life, so they are not cut but served in long lengths.

Skills:

- Chopping, **julienne***, stir frying

* Julienne: cut vegetables into very fine matchstick shapes or very fine shreds