Asian Noodle Salad

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

Recipe Source: Emma Lupin, Kitchen Specialist, Alawa Primary, Northern Territory

Season: All
Type: Big Dishes
Difficulty: Easy
Serves: 30 tastes in the classroom or 6 serves at home

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:
metric measuring scales, cups and spoons
clean tea towel
chopping board
paring knife
saucepan with steaming insert and lid
colander
mixing bowls – 1 large, 1 small
grate
metal bowl
fork
wok
egg flip
serving bowl for each table

Ingredients:
1 quantity Basic Egg Noodles or
700 g dry egg noodles
sesame oil
300 g snake beans/wing beans
6 eggs
soy sauce
rice wine vinegar
vegetable oil for sautéing
2 cups Vietnamese mint/Thai basil
8 spring onions
600 g bean sprouts
2 carrots

What to do:
- Put a saucepan of water on to boil and, once boiling, add the egg noodles. Test after 3 minutes and boil a little more if not cooked through.

- Drain the noodles and refresh with cold water. Drain again and pour into a large bowl; stir through a little sesame oil and set aside.
- Trim the snake or wing beans, if using, then steam them for a minute or two; drain and refresh with cold water.
- In a metal bowl, whisk the eggs 3 at a time with a fork. Add a couple of drops of soy sauce and a little rice wine vinegar.