

Asian Greens and Noodles

Type: Main **Serves:** 30 tastes **Recipe source:** Recipes and Cooking.com
Technique: Stir Fry **Fresh from the Garden:** Asian Greens

EQUIPMENT:	INGREDIENTS:
Knives & Chopping Board	1 tbsp Vegetable Oil
Garlic crusher	1 clove Garlic, crushed
Small Metric Measuring Jug	2 bunches Asian Greens
Tablespoon Measures	1/4 cup Light Soy Sauce
Wok	1/4 cup Oyster Sauce
Large Red Bowl	1/4 cup Water
Large Metric Measuring Jug	1 tsp Sesame Oil
Salad spinner	1 red capsicum
	3 packets Hokkien Thin Fresh Noodles

What to do:

1. Lay out chopping boards. Chop root end off Asian greens so that the leaves come apart.
2. Half fill sink with cold water. Wash leaves very well then put them in the dish drainer to drain.
3. Spin leaves in salad spinner
4. Chop leaves into 2 or 3 pieces depending upon the size so they are bite size
5. Chop capsicum in half using bridge grip and pull out seeds and stem and put into compost. Slice into strips lengthways and then chop slices into 2 or 3 bite size pieces.
6. Squash garlic clove onto the chopping board with a wooden spoon to help remove the skin. Peel and crush in garlic crusher.
7. Boil the jug and place Hokkien Noodles into large red bowl. When jug is boiled pour water over the noodles. As they soak you can stir gently to help separate the noodles.
8. Measure soy sauce, oyster sauce, water and sesame oil in a jug.
9. Heat oil in a frypan or wok over high heat and add garlic, stir fry for 30 secs, add red capsicum and stir fry for 1 min. Add Asian greens and toss until wilted and turn off heat.
10. Drain noodles and add Asian greens to noodle bowl and pour over vegetables, toss for 3-4 mins until heated through
11. Divide into 3 bowls with tongs for serving and put on tables just before eating.