

# VEGETABLE CHOW MEIN

From our garden: corn, pak choy, celery, spring onion tops, mini cabbage, ginger, and broccoli

**NOTES TO VOLUNTEER:** Please supervise the pouring the hot water onto the noodles. Please ensure the correct use of knives focusing on fine cutting skills

## NOTES TO STUDENTS:

1. Work as a group to make this recipe.
2. Read this recipe first so you understand how to prepare the ingredients.
3. Prepare all ingredients first before commencing the cooking process.
4. Focus on your knife skills.

## EQUIPMENT

Measuring spoons  
Large bowl  
Grater  
Fork  
Colander  
Chopping board  
Large knife  
Wok  
Scissors  
Wooden Spoon  
Tongs  
Serving platters  
Serving spoons

## INGREDIENTS

200g packet vermicelli noodles  
2 tablespoons vegetable oil  
1 cob corn  
Bunch pak choy  
2 sticks celery  
Bunch spring onion tops  
Bunch broccoli  
½ mini cabbage  
1 cup peas  
1 onion  
1 clove garlic  
1 teaspoon grated ginger  
2 teaspoons curry powder  
¼ cup vegetable stock

## WHAT TO DO

- Place noodles in a large, heatproof bowl. Ask the volunteer to cover the noodles with boiling water. Stand for 5 minutes or until soft. Drain well and using scissors roughly cut the noodles into 5cm lengths.
- Peel and grate the ginger.
- Remove the husk from the corn and using a large knife cut the corn kernels from the cob of corn.
- Wash the pak choy and roughly chop.
- Wash the celery and slice thinly on the diagonal.
- Wash and finely cut with scissors the spring onion tops.
- Wash the broccoli and roughly chop.
- Peel and finely slice the onion.
- Finely shred the cabbage.
- Heat a wok over medium heat. Add vegetable oil. Swirl to coat. Add the onion, ginger, and curry powder. Stir fry for 1 - 2 minutes or until fragrant.
- Turn up the heat and add all the chopped vegetables and cook for a few minutes. Stir the vegetables while they cook.
- Add the noodles and vegetable stock and cook for 1 minute.
- Serve immediately.