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

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
- grater
- 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.
Heat a little 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. Remove and cut into strips.

Chop up the mint or basil, and the spring onions. Grate the carrots.

Make the dressing by mixing together the dressing ingredients in a small bowl with a fork.

Mix the sprouts and beans into the noodles. Divide between serving bowls and pour a little of the dressing over each. Top with the sliced egg and sprinkle over herbs and spring onions.