



## Stir Fry Udon Noodles With Garden Vegies

### What to collect

Ingredients	Equipment
2 cloves garlic, finely chopped	wok
3cm piece of fresh ginger, grated	chopping board
2 x packets of udon noodles	knife
1 variety of vegetables from the garden, broccoli, snow peas, cabbage etc....	grater
1 large carrot, cut into 3cm chunks and par cooked	metric measuring spoons
2 tablespoons kecap manis	
1 tablespoon light Chinese soy sauce	
salt/pepper	
2 tablespoons rice bran oil	

### What to do

1. As with all stir fries, it's good to prepare all the ingredients before you start cooking.
2. Peel and cut the carrots and steam them.
3. Wash and cut all other vegetables from the garden. Keep them separate, as some will take longer to cook than others.
4. Cook udon noodles according to packet instructions.
5. Heat a wok on high. When oil is hot, add garlic, ginger and any vegetable that needs a little longer to cook, like broccoli.
6. After a couple of minutes, add the other vegetables such as snow peas, greens etc.. that only need a minute to cook.
7. Add the noodles and the sauces. Stir through.
8. Garnish with fried shallots and serve.