

Jason Pettit – Capital Radio Recipe



Malaysian Stir Fried Noodles – Mee Goreng (*me gor – reng*)

Quick to prepare and even quicker to cook, this noodle stir fry has no hard and fast ingredient rules except for the sauce. The sauce is slightly sweet and sticky and is often spicy.

Ingredients

				<u>Base Sauce</u>	
1	Tsp	ground cumin	(6 grms approx.)		
1	Tbsp	ground coriander	(15 grms approx.)		
1	Tbsp	chili paste	(22 grms approx.)		
1	Tbsp	sweet soy sauce	(18 grms approx.)		
1	Tbsp	oyster sauce	(18 grms approx.)		
1	Tbsp	light soy sauce	(16 grms approx.)		
4	Tbsp	vegetable oil			
120	gram	firm tofu	(drained & cubed 2cm)		
20	med	prawns	(peeled, 200 grms approx.)		
2	med	tomatoes	(cored & roughly chopped)		
2	lrg	garlic cloves	(peeled & finely chopped)		
1	pkt	pak choy	(washed & roughly sliced)		
150	gram	bean sprouts	(washed & drained)		
2	lrg	spring onions	(trimmed & roughly sliced)		
400	gram	fresh egg noodles	(300 grms approx.)		
2	each	limes	(cut into quarters)		

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Method

Place all sauce ingredients into a bowl and combine. Set aside.

Heat a wok or large skillet / pan over a med high heat. Add 2Tbsp of the oil and swirl around the pan.

Add the tofu cubes and stir fry gently until browned all over. Remove from the wok and drain on paper towels.

Return the wok / pan to the heat and add the remaining oil.

Add the prawns and spread out in a single layer.

Toss or flip the prawns once they have turned pink.

Once the prawns have turned pink on both sides add the garlic and toss through. Cook for 30 seconds.

Add the pak choy and stir fry until it wilts.

Add the tomato cubes and noodles and toss the wok / pan.

Spread the noodles out thinly and toss after 15 – 20 seconds and repeat.

Once the noodles are almost cooked (approx. 2 minutes) add the sauce, spring onions, bean sprouts and browned tofu.

Toss to coat the noodles.

Stir fry until the noodles are cooked and the sauce is hot and reduced so it becomes slightly sticky.

Divide between serving plates / bowls with 2 lime quarters.

Notes from the chef:

Sweet soy sauce is also known as kecap manis or ABC sauce and will be found in the Asian section of the supermarket.

The spice level can be increased or decreased to suit your personal taste.

Chili paste can be substituted for sri racha sauce or sambal oelek (an indo – malay chili paste often served as an accompaniment).

Firm tofu comes packaged in liquid. Ensure to drain the tofu well before preparing.

Dried egg noodles can also be used but soak them in hot water until they soften and become pliable and then drain well.

The thickness of noodles used is purely personal choice but obviously the thicker the noodle, the longer it will take to heat through and finish cooking.

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If you have a shellfish allergy, then replace the prawns with sliced chicken breast and replace the oyster sauce with dark soy sauce.

Notes from the chef for a Vegan Version;

Replace the prawns with shiitake mushrooms.

Replace the oyster sauce with 'mushroom oyster sauce' or hoi sin sauce.

Replace the egg noodles with udon noodles.

Udon noodles are a Japanese wheat flour noodle commonly available in frozen portions or in packets as dried noodles.

Additional Asian vegetables can be added such as baby corn / kai lan / thai asparagus and even red peppers.

Ensure the vegetables are prepared into thin strips so they cook quickly and evenly.

Tbsp - tablespoon

Tsp – teaspoon