Mie Goreng

Ingredients
- 3 tablespoons vegetable oil
- ½ cup beans sprouts
- 1 quantity basic egg noodles or 300 g dry egg noodles
- 1 tablespoons sweet chilli sauce
- 1 tablespoons palm sugar
- Salt to taste
- Asian mixed herbs
- 1 lime
- 3 spring onions
- 1 carrot
- 4 cloves garlic
- 1 fresh chilli
- 4 snake beans
- 1/2 capsicum
- Bok Choy or Asian greens
- 200 g tofu or chicken
- 4 eggs

Method
Chop the roots off the spring onions, rinse in fresh water. Shake them dry.
Cut the spring onions into diagonal slices. Put them aside in a bowl.
Peel and grate the carrots. Put them aside in another bowl.
Measure the bean sprouts.
Wash the herbs and set them aside for later. (You will use them as a garnish at the end.)
Carefully press the garlic clove under the flat side of the knife. The skin of the garlic should slip off easily, cut off the flat end of the garlic.
Put the garlic cloves in the mortar.
Chop the stem off the chilli. Slice the chilli lengthways. Using the tip of the knife, scrape out the seeds.
Put the chilli in the mortar with the garlic cloves. Crush the garlic and the chilli together with the pestle. Push the pestle round and round the inside of the mortar so it mashes the garlic and chilli. It will look like a paste with red flecks in it.
Thinly slice the beans.
Cut the capsicum into thin slices.
Chop the Bok Choy or Asian greens into bite-sized pieces.
Chop the tofu or chicken into bite-sized pieces.
Whisk the eggs, using a wire whisk.
Turn a burner on the stove to high heat.
Place a pot of water on the heat to boil. When the water is boiling, cook the noodles for 3–5 minutes, until they are flexible but not sloppy. Turn off the heat carefully drain the noodles into a colander. Rinse them with cold water to stop them cooking. Leave them in the colander on the drainer to drain.
Shave and measure the palm sugar and set it aside in a tiny bowl.
Measure the chilli sauce into another small bowl.
Set all your bowls of ingredients next to the stove.
Turn on the stove again, to medium–high heat.
Add the oil to the wok.
When the oil is hot, add the garlic and spring onion, and stir for 1 minute.
Add the tofu and stir-fry for 1 minute.
Add the Bok Choy or greens.
Add the bean sprouts. Stir-fry for 1 minute.
Add the snake beans.
Tip the whisked eggs into the wok. Stir without stopping for 30 seconds, to coat the ingredients with the egg.
Add the capsicum and stir-fry for 1 minute.
Add the palm sugar.
Add the chilli sauce, and then mix all the ingredients together in the wok.
Increase the heat to high, and then add the cooked noodles.
Fry for 3 more minutes, stirring continuously.
Taste and add salt if needed.
Chop up the herbs.
Slice the limes into wedges.
Serve the Mie Goreng on a platter with herbs and lime as garnishes.