

Chop Suey

SERVES 4

Equipment

Wok/large saucepan
Chopping board
Weighing scales
Measuring jug
Sharp knife
Wooden spoon

Mixing bowl
Large heatproof bowl/jug

Ingredients

2 tbsp oil
1 stick celery
1 onions, peeled and chopped
1 carrot, peeled and chopped
1cm piece ginger, peeled and chopped
50g beansprouts, 150g peppers (any colour),
chopped, 75g broccoli florets, 25g mange tout
75 ml water
2 tbsp soy sauce
1 vegetable stock cube
75g noodles
3 tsp water
1 tsp corn flour
3 tbsp fresh coriander, chopped
750ml boiling water

Assemble all the ingredients and equipment you will need to make **CHOP SUEY**. Do you recognise all the ingredients and equipment? If not, ask an adult to explain them to you. Make sure you wash your hands and wear a clean apron.

METHOD

1. Pour the boiling water into the heatproof mixing bowl or jug. Carefully place the noodles into the boiling water and allow to soak for 5 minutes, stirring occasionally to separate the noodles.
 2. Drain the noodles using the colander. Roughly chop the noodles and return to the bowl or jug.
 3. Heat 1tbsp oil in a wok or a very large pan over a medium/high heat.
 4. Add the garlic and the ginger and all the vegetables and cook for 3-4 minutes stirring occasionally.
 5. Reduce the heat and add 75ml water and the soy sauce.
 6. Crumble the stock cube into the pan and stir.
 7. Add the noodles to the pan and stir well.
 8. In a mixing bowl dissolve 1 tsp corn flour into 3tsp water. Add this to the pan and bring to the boil.
 9. Remove from the heat
 10. Add the coriander, mix well and serve.
- Everyone should help with the clearing up and tidying away. This part is just as important as the cooking and can be as much fun!

- Never serve piping hot food straight from the oven or grill. Always allow it to cool slightly first.

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