

Pad See Ew

Season: Summer

Serves: 40 tastes

Recipe source: Recipe Tin Eats

Fresh from the garden: Zucchini, garlic chives, spring onions

Note: this is a very large serve for a full class and helpers.

Equipment: Paella dish and burner Chopping boards Knives 2 x large saucepans Collander Tongs Spatula Measuring spoons and jug 3 x mixing bowls Whisk Scissors	Ingredients: 1kg dried wide rice stick noodles 3 blocks firm tofu, marinated in a half quantity of the sauce (if desired) <u>or</u> 750g chopped chicken thighs <u>Sauce</u> 4 tablespoons dark soy sauce 220ml tablespoons oyster sauce 150ml light soy sauce 4 tablespoons white vinegar 4 tablespoons sugar <u>Stir Fry</u> 6 tablespoons vegetable oil 10 cloves garlic cloves, very finely chopped 9 large eggs 2 bunches Chinese broccoli 1/2 bunch of spring onions Garlic Chives 4 small zucchinis
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Note: Experiment with adding/substituting other seasonal vegetables.

What to do:

Preparation

Tofu-make 1/2 quantity of the sauce to marinate the tofu if desired. Mix all ingredients until the sugar dissolves. Place chopped tofu in a sealed container, pour marinade over the tofu and store in the fridge until ready to use.

Vegetables

Chinese Broccoli – trim ends, cut into 7.5cm pieces. Separate leaves from stems. Cut thick stems in half vertically so they're no wider than 1cm thick. Thickly slice leaves.

Zucchini- slice into rounds

Spring onions- slice into thin rounds

Garlic chives- snip with scissors into thin slices

Garlic- chop finely with a knife

Eggs- break eggs into a bowl and whisk

Sauce- measure all ingredients for the sauce into a mixing bowl and whisk until the sugar is dissolved.

Noodles – Prepare according to packet directions and drain. Time it so they're cooked just before using otherwise they stick and break while cooking.

Cooking

1. Heat 3 tbsp oil in paella pan over high heat.
2. Remove tofu pieces from the marinade, cook until golden. Remove from the pan and set aside. Reserve any extra marinade to pour over the noodles at step 8.
3. Add garlic to the pan, cook 15 seconds.
4. Add Chinese broccoli STEMS, zucchini and spring onions. Cook for 2 minutes.
5. Add Chinese broccoli LEAVES and garlic chives. Cook until just wilted.
6. Push everything to one side, pour in eggs and scramble. Mix together then push the food to the edge of the paella dish again, scraping the middle of the dish clean with a metal spatula.
7. Caramelize the noodles: Pour the remaining 3 tablespoons of oil into the centre of the paella dish over high heat until it starts smoking (HOT is key!). Add noodles and sauce. Toss as few times as possible to disperse sauce and make edges of noodles caramelize – about 1 to 1 1/2 minutes. Once the noodles are coated with the sauce stir the vegetable/egg mixture into the noodles.
8. Return tofu to the pan, toss gently to combine. Serve immediately!