Vegetable Chow Mein

Ingredients

2 tablespoons soy sauce

2 tablespoons tomato puree

Fresh ginger

3 garlic cloves

1 chili

150g mushrooms

½ head of broccoli

3 carrots

300g beansprouts

2 spring onions

Olive oil

3 blocks dried noodles

Utensils

Chopping board

Knife

Garlic crusher

Measuring spoons

Bowl

Saucepan

Fish slice

Wooden spoon

Method

Using the smallest side of the grater, carefully grate the fresh ginger. Put it in the bowl and add the soy sauce and tomato puree.

Top and tail the garlic cloves. Peel and put all 3 into the garlic crusher and crush into the bowl, remembering to use your knife to scrape off the crushed garlic.

Wash the chili, top and tail and then slice lengthways. Remove all seeds and then very thinly slice using the claw method, using the bridging method for the last little piece. Place in the bowl and mix.

Cut the mushrooms in half, then place flat side down and thinly slice, stirring these into the mixture.

Cut the broccoli stalks off and then break the heads into small bite size pieces.

Peel the carrots. Top and tail them, then cut lengthways. Chop the bean sprouts and make them about the same size. They need to be sliced very thinly into long rectangular sticks.

Peel the outside leaves off the spring onion and chop the end with hair off. Cut about 2 inches up the stalk. Chop in half lengthways.

Continue to slice lengthways until roughly same thickness as the beansprouts.

Put a pan on the hob. Add boiling water, noodles, broccoli and carrots and cook for 4 minutes before draining.

Rinse the pan with cold water and dry. Pour a spoonful of oil in the bottom, then let it heat up. Add the mushroom mixture and stir for about 2 minutes. Add all the other ingredients including bean sprouts and spring onions and toss to warm though.