



# Broccoli Stir-Fry with Honey Soy Dressing

**Season:** Winter/Spring

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** broccoli, coriander, garlic, onion, spinach

**Note:** This dish uses the **Basic Egg Noodle** recipe (page 117).

## Equipment:

metric measuring spoons  
clean tea towel  
chopping board  
cook's knife  
small bowl  
mixing spoon  
wok  
wok sang  
serving platters

## Ingredients:

5 tbsp soy sauce  
2 tbsp honey  
1 tbsp sunflower oil  
½ brown onion, peeled and sliced  
3–4 garlic cloves, peeled and minced  
2 cm knob of ginger  
1½ heads of broccoli, cut into small florets  
5 spring onions, finely sliced  
2 large handfuls of spinach  
1 quantity **Basic Egg Noodles**  
1 handful of coriander, torn  
50 g sesame seeds



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Combine the soy sauce and honey in the small bowl and set aside.
3. Heat the wok over a high heat.
4. Add the oil, and swirl to coat the wok.
5. Add the onion, then the garlic and ginger, and stir-fry for 2 minutes.
6. Add the broccoli and stir-fry for 3 minutes.
7. Stir in the spring onions and spinach.
8. After a minute add the noodles and toss to combine.
9. Add the sauce mixture and stir through the noodles and vegetables.
10. Divide between serving platters and sprinkle with coriander and sesame seeds.

