

Lemongrass, Chicken and Rice Noodles

<p>Equipment:</p> <p>Chopping boards Knives – small and large Large wok Small bowls Measuring cups and spoons Wooden spoon</p>	<p>Ingredients:</p> <p>300 g chicken thighs, cut into small 2 x 1 cm pieces 1 red capsicum, cut into 3 x 1 cm pieces 2 large carrots, cut into matchsticks 15 snow peas, cut into matchsticks 1 small leek 1/2 tbsp vegetable oil 2 tbsp minced lemongrass 1 tbsp soy sauce (or coconut amino sauce) 2 tsp of sambal olek 50 g bean sprouts 1/8 tsp ground black pepper 2 tbsp crushed roasted pepitas (use peanuts at home) 300 g cooked rice vermicelli noodles 1 bunch mint, plucked and washed 1 bunch coriander, washed 2 cups chopped green leaf lettuce 1 lime, cut into wedges</p>
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What to do:

1. Prepare chicken, carrot, capsicum and snow peas as described in the ingredients list.
2. Trim off the very end of the leek and discard. Cut off a 2 cm section of leek- white part, and finely mince. Set aside on a small plate. Cut off a 4 cm section of leek- light green part, and then cut into thin strips. Set aside on the same plate.
3. Heat a wok over medium high heat and when it is hot add the vegetable oil. Add the minced leeks and lemongrass and stir-fry for 20 seconds. Add the chicken and pan-fry for 5-6 minutes or until the pieces are golden brown
4. Add the remaining leeks, carrot, capsicum and snow peas. Drizzle the soy sauce and sambal olek over everything. Toss everything together and cook for 2-3 minutes.
5. Turn off the heat and add the bean sprouts. Toss together and cook for another 2-3 minutes.
6. Add freshly ground black pepper.
7. When assembling the dish, please assemble in the appropriate number of bowls, e.g. one bowl per table in the kitchen classroom.
8. To assemble the dish, put the chopped green leaf lettuce into a bowl. Add a layer of rice noodles and then the stir-fried lemongrass chicken on top of the noodles. Add fresh herbs. Top with the crushed roasted pepitas (use peanuts at home).