

VIDEO LINK > <https://youtu.be/DZAteHLFJns>

Chow Mein

Sauce Ingredients

- 3 Tbsp soy sauce
- 1 Tbsp hoisin sauce
- 1 Tbsp Chinese cooking wine (Shaoxing wine)
- 1 ½ tsp sugar
- 1 tsp sesame oil

Ingredients

- 3 garlic cloves
- 1 onion
- 1 carrot
- 1 capsicum
- 4 wombok leaves
- 2 celery sticks
- ½ head broccoli
- Large handful snow/ sugar snap peas
- 2 spring onions
- 4 Chinese broccoli leaves and stems (gai lan)
- 300g chow mein noodles
- Pinch sesame seeds
- Oil (sunflower, vegetable or rice bran)



What to do:

- 1) **To make the sauce.** Add all the sauce ingredients to a small bowl. Mix well and set aside
- 2) Prepare the noodles as per packet directions
- 3) Wash the capsicum, celery, wombok, broccoli, Chinese broccoli, peas and spring onion
- 4) Chop the capsicum into thin strips
- 5) Remove the leaves from the celery and slice thinly
- 6) Remove the string and ends from the snow peas and chop into 1cm pieces
- 7) Chop the broccoli into small florets
- 8) Chop the wombok leaves in half. Roll up and finely shred
- 9) Chop the leaves off the Chinese broccoli and chop into 4 pieces. Roll up and finely shred. Chop the stems into small pieces
- 10) Slice the green part of the spring onion finely. Set aside and keep for a garnish. Slice the white parts finely
- 11) Peel the carrot and slice into thin match sticks
- 12) Peel the onion and thinly slice
- 13) Peel the garlic and finely chop
- 14) Heat 2-3 Tbs oil in a wok on high heat. Add the garlic, onion, white spring onion pieces and cook for about 30 seconds, stirring so they don't burn
- 15) Add the broccoli and carrot and cook for a further 2-3 minutes while stirring
- 16) Add the capsicum, celery, snow peas and Chinese broccoli stems. Cook for 2 minutes
- 17) Add the shredded wombok and Chinese broccoli leaves. Cook for 2 minutes while stirring
- 18) Add the chow mein sauce and noodles, mix well and cook for a few minutes to heat through
- 19) Serve the chow mein sprinkled with the spring onion and sesame seeds
- 20) Enjoy

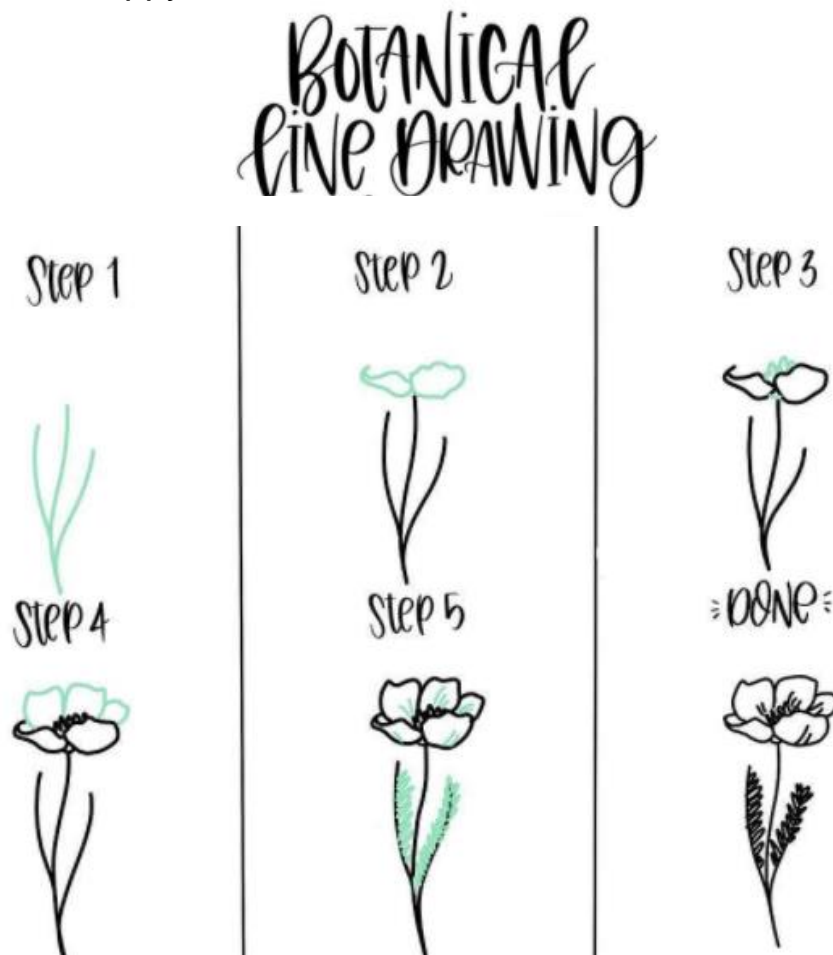
NOTE: Any noodles can be used in this recipe. Prepare following packet directions

Bonus Garden Activity

Botanical Drawing

Before photography, botanical drawings were used to capture the detail of plants from around the world. Also known as scientific illustrations, they are still used to capture the fine details of leaves, flowers, fruit and seeds of plants. Botanical drawings can be of the very smallest moss to the largest tree.

Botanical drawings look closely at a plant and examine its parts to discover what makes it unique. Here is an example of a Botanical Drawing. It shows step by step how to draw a Poppy.



Take a walk around your garden. Find a flower or plant to draw. Think about:

Does it have spines?

What shape are the leaves?

Do the leaves sit alternately on the stem or opposite each other?

What textures are noticeable?

How many petals does the flower have?

You can draw your plant as a whole or draw each part individually. Remember to colour it in. Share your drawing on Seesaw.

Have fun. Be creative 😊