

VEGETARIAN SAPASUI (SAMOAN CHOP SUEY)

Season:	Year round
From the garden:	Onion, garlic, kale, coriander, silverbeet, seasonal mixed vegetables – see list below
Type:	Main
Difficulty:	Medium
Country of origin:	Samoa
Serves:	6 servings or 20 small tastes
Source:	Adapted from Suchi Venkat, Kitchen Specialist at Wesley Primary School

Equipment

- Large bowl
- Chopping board
- Chef's knife
- Grater
- Measuring cups
- Measuring spoons
- Large frying pan
- Wooden spoon
- Tongs
- Bowls for serving

Ingredients

- 125g vermicelli noodles
 - 1 Tablespoon oil
 - 1 onion
 - 3 cloves garlic
 - 3 cm ginger
 - 2 cups kale
 - 2 cups silverbeet
 - 1 cup mixed vegetables (such as: celery, cabbage, Chinese cabbage, broccoli, carrots, green beans, red pepper)
 - 2-3 Tablespoons soy sauce
 - Coriander
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How to make it

1. Soak vermicelli in a bowl of boiling water. Drain when the noodles are soft.
2. Prepare the vegetables. Finely slice the onion. Finely chop the garlic. Grate the ginger. Finely chop the kale and the silverbeet (you could try to chiffonade – stack the leaves, then roll them into a tube and chop into fine ribbons. Finely chop the mixed vegetables if necessary. Chop the coriander.
3. Heat the oil in the frying pan. Sauté the onions until soft. **Caution – hot! Ask an adult to help you with this.**
4. Add the ginger and garlic and fry for one minute.
5. Add the vegetables and fry until soft on a medium heat. Add soy sauce and stir through.
6. Add the softened vermicelli noodles. Stir through or toss with tongs to mix the sauce and vegetables through the noodles.
7. Season to taste. Garnish with chopped coriander.

Notes:

- Vermicelli noodles can be found in Asian food stores or the supermarket. They are sometimes called green bean, mung bean, glass or cellophane noodles

Skills:

- Soak, drain, slice, chop, grate, sauté*, fry, stir, toss, season, garnish.
* Key skill: sauté – fry quickly in a little oil over a high heat.