

# Bok Choy and Tofu Noodle Bowl

This recipe was inspired by Matilda Choy 3C 2026, and her Mum and Dad's amazing cooking.

<p><b>Equipment:</b></p> <p>Knife Chopping board and mat Clean tea towels Mixing bowl Grater Garlic press Stove top Small frying pan with lid Large frying pan with lid Flippers</p>	<p><b>Ingredients</b></p> <p>1 tablespoon soy sauce or GF Tamari 1 tablespoon honey 1 teaspoon oil 1/2 cup vegetable stock 1 batch firm tofu 2 more tablespoons oil, divided 1 knob fresh <b>ginger, grated (about 1 Tbsp)</b> 4 cloves <b>garlic, peeled and crushed</b> Bok choy and/or other Asian greens, leaves separated and thoroughly washed Other vegetables as available</p> <p>Serving bowl with Noodles will be brought soon</p>
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## Method:

### Remember to clean up your workstation as you go

1. **Read the whole recipe**, and discuss between you how you will work well as a team. The Head Chef is the boss.
2. Combine **soy sauce, honey, 1 tsp oil**, and **vegetable stock** into a measuring jug and set aside.
3. Ensure the **Asian greens** are thoroughly clean. There might be bugs hiding somewhere.
4. Cut the Asian greens and other vegetables into 3cm lengths. (Remove any seeds from the other vegetables.). Put into a bowl.
5. Cut each tofu cube into 4 pieces. Lay tofu onto a clean tea towel. Clean and dry your tofu bowl to use later.
6. Clean, dry and put away your knife. Next clean, dry and put away board and mat.
7. Check your workstation and ensure everything is clean.
8. For an extra two Cleanathon points, before you begin making your recipe tell your teacher or supervisor he or she is totally the best.
9. Gently press tofu with tea towel to blot it dry.
10. Tell your teacher to start cooking the noodles.
11. Heat 1 tbsp. vegetable oil in the large frying pan over high heat. Brown tofu (don't stir), for approximately 4 minutes; then carefully turn to brown on other side. Turn off the pan.
12. **Meanwhile** in the other pan put in remaining 1 tbsp. vegetable oil over medium-high heat. Cook ginger and garlic until fragrant, 30 seconds. Add bok choy and cook until wilted, 5 minutes. Add reserved stock mixture and cook until hot, about 1 minute.
13. Ask your teacher for a serving bowl of cooked noodles.
14. Place tofu onto the noodles
15. Empty the frying pan over noodles and tofu.

(Salt and pepper will be served separately at the table.)



## **NOTES**

Tofu

If it is a 900 gram box with 12 squares, give each team 3 (Gr 3) or 4 (Gr 4) cubes.

Wash Asian Greens well

Noodles - half a 908g (large) packet - size doesn't matter

Grade 3

Precut their veggies

Pre-grate the ginger for them

Pre-crush their garlic

Soak Station 1 noodles in cold water

Station 1 will set the table and cook the noodles