The Saheeh International Quran Translation

قَالُوا يَا مُوسَىٰ إِمَّا أَن تُلْقِيَ وَإِمَّا أَن نَّكُونَ نَحْنُ الْمُلْقِينَ

They said, "O Moses, either you throw [your staff], or we will be the ones to throw [first]."