C2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PaD thai with ChicKeN

Delicious, quick and easy! Rice noodles tossed with chicken, eggs and veggies and finished with crunchy peanuts.

25 MINUTES 2 SERVINGS CHICKEN

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	14g	56g

FROM YOUR BOX

GINGER	1 piece
LIME	1
GARLIC CLOVE	1
SPRING ONIONS	1 bunch
CARROT	1
BEAN SHOOTS	1 bag
FREE-RANGE EGGS	6-pack
RICE NOODLES	1 packet
PRECOOKED CHICKEN	1 packet
PEANUTS	40g

FROM YOUR PANTRY

sesame oil (or other), brown sugar, soy sauce, rice or white wine vinegar

COOKING TOOLS

large frypan, saucepan

You can use these ingredients to make a quick fried rice instead! Flavour it with ginger, garlic, soy sauce and sweet chilli sauce!

Before you start cooking!
Wash your veggies and set out all ingredients, pans, chopping board and knife.



1. Make the Sauce

Bring a saucepan of water to a boil.

Grate **ginger** to yield 1/2-1 tbsp. Combine with **lime juice**, **crushed garlic**, **1 1/2 tbsp sugar, 2 tbsp soy sauce, 1/2 tbsp vinegar** and **1 tbsp sesame oil.**



2. Prepare the Ingredients

Slice **spring onions** (reserve some green tops for garnish), julienne or grate **carrot** and set aside with **bean shoots.** Whisk **2-4 eggs** in a bowl.

tip *Reserve the eggs if you prefer them fried!*



3. Cook the Noodles

Add **noodles** to the boiling water and cook for 3-5 minutes or until tender. Drain and rinse in cold water.

tip *Be careful not to overcook the noodles. Rinse them in cold water to stop the cooking process.*



4. Cook the Vegetables & Eggs

Heat a large pan with **sesame oil** over high heat. Add **prepared veggies** and **chicken**, cook for 3-4 minutes. Move to the side of the pan, pour in **eggs** and stir to scramble.

tip *Allow the eggs to set for a minute, then stir them to scramble.*



5. Toss it All Together

Gently stir in **sauce** and **noodles**. Combine well and adjust seasoning with more **soy sauce** if needed.

tip *Rinse the noodles again before adding them to the pan if needed. Be careful not to stir them too much; they could break apart.*



6. Finish & Serve

Serve Pad Thai topped with **peanuts** and any **reserved spring onion tops.**

tip *Drizzle with sweet chilli or other hot sauce for an extra boost of flavour!*