C

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 | 4/6 SERVINGS | CHICKEN

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g/32g	14g/19g	54g/58g

FROM YOUR BOX

	4 PERSON	6 PERSON
GINGER	1 piece	1 piece
LIME	1	2
GARLIC CLOVE	1	2
SPRING ONIONS	1 bunch	2 bunches
CARROTS	2	2
BEAN SHOOTS	1 bag	1 bag
FREE-RANGE EGGS	6-pack	6-pack
RICE NOODLES	2 x 200g	3 x 200g
PRECOOKED CHICKEN	1 packet	2 packets
PEANUTS	2 x 40g	3 x 40g

FROM YOUR PANTRY

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

COOKING TOOLS

large frypan, large 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

Grate **ginger** to yield about 1 tbsp. Combine with **lime juice**, **crushed garlic**, **2 tbsp sugar, 3 tbsp soy sauce, 1 tbsp vinegar** and **2 tbsp sesame oil.**

6P - mix 1 1/2 tbsp ginger, 2 x lime juice, garlic, 3 tbsp sugar, 4-5 tbsp soy, 1 1/2 tbsp vinegar & 2 tbsp oil.



2. Prepare the Ingredients

Bring a saucepan of water to a boil. Slice **spring onions** (reserve some tops), grate **carrots** and rinse **bean shoots.** Whisk **2-4 eggs** in a bowl.

6P - whisk 4-6 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.

6P - use a different frypan if needed to scramble the eggs.



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!*