



DINNER TWIST
LOCAL, HEALTHY, DELIVERED

for the
little ones



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

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	25g/29g	13g	84g/87g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
GINGER	1 piece	2 pieces
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!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as 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.



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.



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!



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.



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.



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!