



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Free-range eggs

Free-range eggs are nutritional powerhouses! They contain very high quality protein, iron, an abundance of vitamins, minerals and disease-fighting carotenoids!



4 Chicken Pad Thai

Delicious, quick and easy! Pad Thai with chicken mince, eggs and veggies finished with crunchy peanuts.

 25 minutes

 2 servings

 Chicken

24 September 2021

Fried, not scrambled!

Fry the eggs and serve them on top of the Pad Thai instead of scrambling and mixing through.

FROM YOUR BOX

RICE NOODLES	1 packet (200g)
LIME	1
GINGER	1 piece
SPRING ONIONS	1/2 bunch *
RED CAPSICUM	1/2 *
PAK CHOY	2 bulbs
CARROT	1
PEANUTS	1 packet (50g)
FREE RANGE EGGS	2
CHICKEN MINCE	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (sesame or other), pepper, soy sauce, sweet chilli sauce, red or white wine vinegar, garlic (1 clove)

KEY UTENSILS

saucepan, wok or frypan

NOTES

We used sesame oil for added flavour, but any other neutral oil works fine too.

For a spicier version serve with fresh chilli or add some dried chilli flakes.



1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook for 2 minutes, or until cooked al dente. Drain and rinse in cold water.



2. MAKE THE SAUCE

Combine zest and juice from 1/2 lime (wedge remaining), **crushed garlic**, **2 tbsp sweet chilli sauce**, **2 tbsp soy sauce** and **1/2 tbsp vinegar**.



3. PREP THE VEGETABLES

Grate ginger, slice spring onions (use to taste and keep some green tops for garnish), red capsicum and pak choy. Grate or julienne carrots. Chop peanuts (keep separate). Whisk eggs in a bowl.



4. COOK THE CHICKEN

Heat a large frypan or wok with **oil** over high heat. Add chicken mince and cook, breaking up with a spatula. Add prepared vegetables and cook for a further 3-4 minutes.



5. ADD EGGS AND NOODLES

Move chicken and vegetables to one side. Pour in eggs and cook, stirring until scrambled. Add noodles and sauce. Stir well to combine and heat through. Season to taste with **pepper and soy sauce**.



6. FINISH AND SERVE

Divide Pad Thai between bowls and top with a lime wedge, peanuts and reserved spring onion tops (see notes).

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

