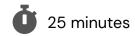


# **Product Spotlight:** Free-range eggs

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

### **Chicken Pad Thai** 4

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









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 (375g)
LIME	1
GINGER	1 piece
SPRING ONIONS	1/2 bunch *
PAK CHOY	1 bunch
CARROT	2
PEANUTS	1 packet (50g)
FREE RANGE EGGS	4
CHICKEN MINCE	300g
BEAN SHOOTS	1 bag (250g)

\*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 (2 cloves)

#### **KEY UTENSILS**

saucepan, large wok or frypan

#### NOTES

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

Add half of the bean shoots at step 5 and serve remaining fresh.

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 from whole lime and juice from 1/2 lime (wedge remaining), 2 cloves crushed garlic, 3 tbsp sweet chilli sauce, 2 tbsp soy sauce and 1 tbsp vinegar.



## **3. PREP THE VEGETABLES**

Grate ginger, slice spring onions (keep some green tops for garnish) 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, bean shoots (see notes) 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).