



Product Spotlight: Rice noodles

Rice noodles come in all different thicknesses and shapes. They are available dried, frozen and fresh!

Chicken Pad Thai

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



25 minutes



2 servings



Chicken

Spice it up!

You can add some fresh grated ginger to the sauce for an extra boost of flavour. If you like more heat, you can use fresh red chilli or a sambal oelek instead of the sweet chilli sauce.

Per serve: **PROTEIN** 43g **TOTAL FAT** 24g **CARBOHYDRATES** 62g

FROM YOUR BOX

RICE NOODLES	200g
LIME	1
CHICKEN MINCE	300g
SPRING ONIONS	1 bunch
ASIAN GREENS	1 bunch
CARROT	1
BEAN SHOOTS	1 bag
ROASTED PEANUTS	60g
CORIANDER	1 packet

FROM YOUR PANTRY

oil for cooking (sesame or other), soy sauce, sweet chilli sauce, rice or white wine vinegar

KEY UTENSILS

saucepan, large frypan or wok

NOTES

Add lime zest to sauce for an extra flavour boost!

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

Rinse noodles again before adding to pan. Add half of the bean shoots at step 5 and serve remaining fresh.

If you feel like you got too many Asian greens - use to taste!



1. COOK THE NOODLES

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



2. MAKE THE SAUCE

Combine **juice from 1/2 lime** (see notes), **3 tbsp sweet chilli sauce**, **2 tbsp soy sauce** and **1 tbsp vinegar**.



3. COOK THE CHICKEN

Heat a large pan with **oil** (see notes) over high heat. Add **chicken mince** and cook, breaking up lumps with a spatula. Chop **spring onions** and add to pan.



4. ADD THE VEGETABLES

Trim, rinse and slice **Asian greens** (use to taste). Grate or julienne **carrot**. Add to pan and cook for further 3-4 minutes, or until softened.



5. TOSS THE NOODLES

Add **sauce**, **noodles** and **bean shoots** to pan and toss to combine well (see notes).



6. FINISH AND SERVE

Serve **Pad Thai** topped with **peanuts**, chopped **coriander** and **remaining lime** cut into wedges.



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