



Product Spotlight: Thai Basil

Thai basil has a purple stem and an aroma of liquorice, cinnamon and mint. It still holds its flavour after cooking where as sweet basil is best enjoyed fresh!



Pad Thai with Prawns

Whip up this much-loved noodle dish in no time! Fresh prawns tossed in a hot pan with rice noodles, vegetables and a perfectly balanced sweet, salty and sour sauce, finished with lime, chopped peanuts and chilli.



25 minutes



2 servings



Fish

Make it authentic!

This is a quick and easy way to achieve a delicious pad Thai using pantry staples. You may have some of the ingredients that will elevate this dish even more! Add some tamarind paste, crushed garlic and use palm sugar if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	6g	119g

FROM YOUR BOX

RICE NOODLES	200g
GINGER	1 piece
LIME	1
ROASTED PEANUTS	1 packet
RED CHILLI	1
THAI BASIL	1 packet
SPRING ONIONS	1 bunch
UNCOOKED PRAWNS	1 packet
BEAN SHOOTS	1 bag

FROM YOUR PANTRY

oil for cooking, fish sauce, sugar (of choice), rice wine vinegar, pepper

KEY UTENSILS

large frypan or wok, saucepan

NOTES

Rinse the noodles in cold water to stop the cooking process. This will prevent the noodles from breaking apart when they get tossed in the pan later.

Use a neutral flavoured oil or sesame oil for the best results!



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** to boiling water and cook for 2 minutes or until just tender. Drain and rinse in cold water (see notes).



2. PREPARE THE SAUCE

Peel and grate **ginger**. Combine with zest and juice from **1/2 lime**, **3 tbsp fish sauce**, **2 tbsp sugar**, **1 tbsp vinegar** and **2 tbsp oil** (see notes).



3. PREPARE THE GARNISH

Chop **peanuts**. Slice **chilli** and pick **basil leaves**. Wedge remaining lime. Set aside.



4. COOK THE STIR-FRY

Heat a large frypan or wok over high heat with **oil**. Slice **spring onions** into 3 cm pieces (reserve some tops for garnish). Add to pan along with **prawns**. Cook for 3 minutes.



5. TOSS THE NOODLES

Add cooked noodles, prepared sauce and **bean shoots** to pan. Toss until well combined. Season to taste with **fish sauce** and **pepper**.



6. FINISH AND SERVE

Slice reserved spring onion tops. Use to garnish along with peanuts, chilli and basil leaves. Serve with remaining lime wedges.

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