



Product Spotlight: Spring Onions

Did you know you can re-grow spring onions? Slice them, leaving about 1 cm of the white end, with roots attached. Stand the bulbs root-end down in a small jar with water, change water at least once a week and watch them grow!



2 Chicken Pad See Ew

A delicious Thai noodle dish with rice noodles and a sweet lime sauce, tossed with fresh veggies and fragrant coriander.

 30 minutes

 4 servings

 Chicken

21 September 2020

Spice it up!

Get creative and garnish the dish with peanuts, cashews, toasted coconut or any leftover seeds in your pantry. Add fresh chilli or chilli flakes to the sauce if desired.

Per serve: **PROTEIN** 48g **TOTAL FAT** 27g **CARBOHYDRATES** 97g

FROM YOUR BOX

RICE NOODLES	1 packet
LIME	1
GARLIC CLOVES	2
TOMATO PASTE	1 sachet
SPRING ONIONS	1/3 bunch *
CARROT	1
SNOW PEAS	1/2 bag (125g) *
ASIAN GREENS	1 bunch
CORIANDER	1/2 packet *
FREE RANGE EGGS	2
CHICKEN BREAST FILLETS	600g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (for cooking), soy sauce or tamari, sugar (of choice), pepper

KEY UTENSILS

saucepan, large frypan or wok

NOTES

Use palm sugar and a neutral flavoured oil (like grape seed oil) for the sauce, if possible, for a more authentic flavour.



1. COOK THE NOODLES

Bring a saucepan of water to the boil and cook noodles for 2 minutes, or until just tender. Drain and rinse in cold water



2. PREPARE THE SAUCE

Combine lime zest and juice from 1/2 lime (wedge remaining) with 2 crushed garlic cloves, tomato paste, **1/4 cup soy sauce**, **1 tsp sugar** and **1/4 cup oil** (see notes). Set aside.



3. PREPARE THE VEGGIES

Slice spring onions and carrot. Trim and halve snow peas. Trim and slice asian greens. Roughly chop coriander. Scramble the eggs in a small bowl.



4. COOK CHICKEN & VEG

Heat a large frypan over medium-high heat with **oil**. Dice and add chicken along with 1 tbsp prepared sauce. Cook for 5 minutes. Toss in remaining vegetables and 1/2 the coriander. Cook for 2-3 minutes until tender.



5. ADD SAUCE & NOODLES

Push chicken and veggies to one side of the pan. Pour in eggs and cook for 2-3 minutes until set. Toss in noodles and sauce until well combined. Season with **soy sauce** and **pepper**.



6. FINISH AND PLATE

Divide noodles among bowls. Garnish with remaining coriander and lime wedges.

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