

RECIPE

Makes 3 servings

Per Serve: (assuming chicken mince)

Calories – 430 Protein:24g Fat: 23g Carbs: 44g

INGREDIENTS

125 g Pad Thai dried rice sticks/noodles

SAUCE:

- 1 1/2 tbsp tamarind puree
- 2 tbsp brown sugar
- 2 tbsp fish sauce
- 1 1/2 tbsp oyster sauce

STIR FRY:

- 2 - 3 tbsp vegetable or canola oil
- 1/2 onion , *sliced (brown, yellow)*
- 2 garlic cloves , *finely chopped*
- 200 g chicken or pork mince or 250g of grated tofu (crisped in the oven)
- 2 -3 eggs , *lightly whisked*
- 1 1/2 cups of beansprouts (sub grated carrot, zucchini, spinach or bokchoy)
- 1/4 cup finely chopped peanuts

FOR SERVING:

- Lime wedges (*essential*)
- Ground chilli or cayenne pepper (*optional*)
- More beansprouts



DIRECTIONS

1. If using tofu then grate, season with salt, pepper and peanut oil then spreadout on a baking tray, bake in a hot oven (180-200C) until browned ~15 minutes
2. Cook noodles then set aside in a bowl of cold water
3. Prepare sauce (I use a small jar and give it a good shake)
4. Heat 2 tbsp oil in a large pan over high heat. Add garlic and onion, cook for 30 seconds.
5. Add chicken or pork and cook for 1 1/2 minutes until mostly cooked through.
6. Push to one side of the pan, pour egg in on the other side. Scramble using the wooden spoon (add touch of extra oil if pan is too dry), then mix into chicken.
7. Add bean sprouts, tofu, noodles then Sauce.
8. Toss gently for about 1 1/2 minutes until Sauce is absorbed by the noodles.
9. Add half the peanuts. Toss through quickly then remove from heat.
10. Serve immediately, sprinkled with remaining peanuts and lime wedges on the side, with a sprinkle of chilli and a handful of extra beansprouts on the side if desired (this is the Thai way!). Squeeze over lime juice to taste before eating.