Cook Along DIVE

Chicken Pad Thai

ingredients

250g flat rice noodles
3 garlic cloves, roughly chopped
1 handful fresh coriander, chopped
1 red chilli, seeds removed, chopped
2 limes, juice and zest
1 pepper, thinly sliced
1 carrot, thinly sliced
2 tbsp sunflower oil
1 chicken breast, thinly sliced
6 spring onions, thinly sliced
50g beansprouts
3 tbsp fish sauce
1 tbsp soft light brown sugar
2 large eggs, beaten

Optional - handful salted peanuts, chopped

method

- 1. Cook the chicken fully, until at temperature and white then cook the noodles according to the packet instructions, then drain and set aside
- 2. In a food processer, add the garlic, coriander, chilli and lime zest to a paste
- 3. Heat the oil in a large frying pan or wok until just at smoking point. Add the paste and fry for 1 minute or until aromatic. Add the chicken, half the spring onions, pepper, carrot and the beansprouts and cook for 2 minutes. Stirring well to coat everything in the paste
- 4. Add the drained noodles and mix well. Stir in the lime juice, fish sauce and sugar and cook for 2 minutes
- 5. Pour in the egg and mix until just cooked. Serve the pad thai with coriander leaves, peanuts and spring onions

ALLERGENS











