



Chicken Pad Thai

with udon noodles and lime

Family Quick Cook 20-25 mins

6



Diced Chicken Breast



Peanut Butter



Lime



Scallion



Soy Sauce



Carrot



Garlic



Pak Choi



Udon Noodles

Pantry Items: Egg (Optional), Water, Salt, Pepper, Oil

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Colander, Whisk

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Peanut Butter	1 sachet	2 sachets
Lime	1 unit	2 units
Scallion	1 unit	2 units
Soy Sauce	1 sachet	2 sachets
Carrot	1 unit	2 units
Garlic	2 units	4 units
Pak Choi	1 unit	2 units
Udon Noodles	300 g	600 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	493 g	100 g
Energy (kJ/kcal)	2148.7 kJ/ 513.5 kcal	435.8 kJ/ 104.2 kcal
Fat (g)	11.7 g	2.4 g
Sat. Fat (g)	2 g	0.4 g
Carbohydrate (g)	60 g	12.2 g
Sugars (g)	7.4 g	1.5 g
Protein (g)	43.1 g	8.7 g
Salt (g)	2.4 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Fry the Chicken

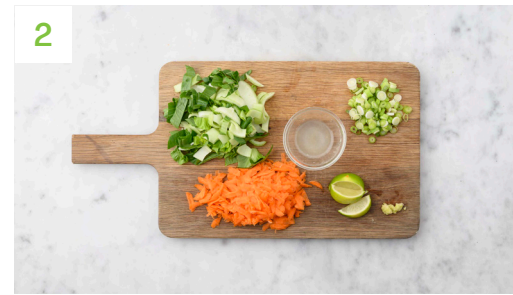
- Boil a large pot of **water**. Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **chicken** until golden brown and cooked through, 8-10 mins. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.
- Transfer the **chicken** out of the pan and cover to keep warm.

TIP: If you're in a hurry you can boil the water in your kettle.



Add an Optional Egg

- Whisk 1 **egg** (double for 4p) in a bowl with a pinch of **salt** and **pepper**.
- Shift the veg to one side of the pan.
- Pour the whisked **egg** into the empty side of the pan and gently stir to create a scrambled texture.
- Stir-fry everything together for 2-3 mins.



Get Prepped

- Meanwhile, trim and thinly slice the **scallion**.
- Juice **half** the **lime** and cut the rest into wedges. Peel and grate the **garlic** (or use a garlic press).
- Trim then grate the **carrot** (no need to peel). Trim the **pak choi**, then thinly slice widthways.
- Cook the **noodles** in the boiling **water** until warmed through, 1-2 mins.
- Once cooked, drain in a colander and pop back in the pot. Drizzle with **oil** and stir through to stop them sticking together.



Finishing Touches

- Add the **chicken** and sauce to the pan and mix well.
- Gently toss the drained **noodles** in the sauce.
- Season to taste with **salt** and **pepper**.



Make the Sauce

- Return the pan to a high heat with a drizzle of **oil**.
- When hot, add the **pak choi**, **garlic** and **carrot** with a pinch of **salt** and **pepper**. Cook until tender, 3-5 mins.
- In a bowl, stir together the **lime** juice, **soy sauce** and **peanut butter**.
- Add **half** the **scallion**.
- Loosen with a splash of **water**.



Dish Up

- Serve the pad thai in bowls and garnish with the remaining **scallion**.
- Serve with **lime** wedges for squeezing over.

Enjoy!