



# Chicken Pad Thai

with udon noodles and lime

Quick Cook 20-25 mins

15



Diced Chicken Breast



Peanut Butter



Lime



Scallion



Soy Sauce



Garlic



Pak Choi



Udon Noodles



Bell Pepper

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



## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater

## Ingredients

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	528 g	100 g
Energy (kJ/kcal)	2154.8 kJ/ 515 kcal	408.1 kJ/ 97.5 kcal
Fat (g)	11.7 g	2.2 g
Sat. Fat (g)	2.1 g	0.4 g
Carbohydrate (g)	58.1 g	11 g
Sugars (g)	7.8 g	1.5 g
Protein (g)	44.3 g	8.4 g
Salt (g)	4.2 g	0.8 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!



## Get Prepped

- 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).
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **pak choi** then thinly slice widthways.



## Add an Optional Egg

- Whisk 1 **egg** (double for 4p) in a separate bowl.
- 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.



## Fry the Chicken

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **chicken** until golden brown and cooked through, 5-8 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.



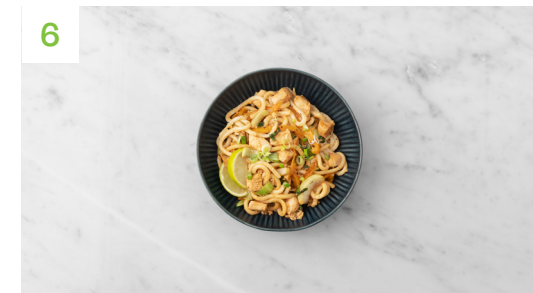
## Finishing Touches

- Add the sauce from the bowl to the pan and mix well.
- Gently separate the **noodles** with your hands and carefully toss through the sauce until fully coated and warmed through, 1-2 mins.
- Season to taste with **salt** and **pepper**.



## Make the Sauce

- Add the **pak choi**, **garlic** and **pepper** to the pan and fry until tender, 3-5 mins.
- Meanwhile, in a bowl, stir together the **lime** juice, **soy sauce**, **peanut butter** and 25ml **water** (double for 4p).
- Add **half** the **scallion** to the bowl.



## Garnish and Serve

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

**Enjoy!**