

# Chicken Pad Thai

Serves 6 (406 cal) or large 4 (609 cal)  
(please note the large serving is quite large!!!!)

400 g of chicken breast (fat removed), sliced into thin strips  
2 eggs  
1 x 200g packet of Thai rice noodles (thick)  
1 cup of baby corn on the diagonal  
1 cup of bean shoots  
1 cup of carrots cut into matchsticks  
4 spring onions cut on the diagonal  
1 cup of snow peas cut on the diagonal  
1 cup of red capsicum cut into small strips  
1/8 cup chopped peanuts  
1 long red chilli, seeds removed, cut into small rings (more or less as desired)  
2 cloves of garlic grated or chopped finely



## Sauce:

80 ml (4 tablespoons) tamarind paste  
120 ml (6 tablespoons) fish sauce  
160ml (8 tablespoons) agave nectar  
The juice of one lemon  
1 teaspoon of paprika  
(for more or less sauce, use a 2:3:4 paste, fish sauce, nectar ratio)

## Garnish:

1/8 cup chopped peanuts  
2 spring onions chopped on the diagonal  
Extra bean shoots  
Lime, cut into wedges

Soak noodles in a bowl of warm (not hot) water for approx. 20-30 mins (noodles should be pliable but not too soft)

Mix sauce ingredients together and use 1/3 of the sauce to marinate the chicken.

Slice all the vegetables.

Place the eggs in a non-stick frying pan and scramble lightly so that yolks and white are still visible, set aside.

Heat up a wok or non-stick deep sided frying pan. Add a little water and cook the garlic.

Add the marinated chicken and cook until chicken is almost cooked through.

Add the vegetables, noodles and remainder sauce.

Stir through until the vegetables are cooked and the noodles are saturated and soft.

Add the egg, and heat through.

Serve with the garnishes.

You can substitute chicken with 400gm of prawn meat.

(4 serves=572 Cal or 6 serves=382 Cal)