

Chicken Pad Thai Noodle Stir Fry

with Peanut Crumble

hellóchef

Enjoy this Thai staple without having to pick up the phone or leave the house!

Cals 721 • Prot 65 • Carbs 80 • Fat 18

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🕒 cook: 30 min

R2643



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Stir-fry	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Shallots	2	3	4	Pieces
Carrot	1	2	2	Pieces
Spring onion	40	60	80	Grams
Garlic cloves	2	3	4	Pieces
Ginger	30	45	60	Grams
Bean sprouts	50	75	100	Grams
Organic Eggs ^{5*}	1	2	2	Pieces
Rice noodles	150	200	300	Grams
Vegetable oil	2	3	4	Tbsp
Sauce				
Soy sauce ^{9*, 10*, 11*}	30	40	60	ML
Sweet soy sauce ^{9*, 10*, 11*, 14*}	15	20	30	ML
Tamarind paste	15	22	30	Grams
Fish sauce ^{6*, 10*}	10	20	30	ML
Brown sugar	15	20	20	Grams
Honey	40	60	80	Grams
Lime	2	3	4	Pieces
Peanut crumble				
Unsalted peanuts ^{1*}	40	60	80	Grams
Vegetable oil	1	2	2	Tbsp
Crispy onions	20	30	40	Grams
Chilli flakes	2	2	2	Grams
Salt	0.5	0.5	0.5	Tsp

Allergens

^{*5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *6 Fish, *1 Peanuts}

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3016 / 721
Fat (g)	18.2
of which saturates (g)	3.3
Carbohydrate (g)	80
of which sugars (g)	27.4
Fiber (g)	11.3
Protein (g)	64.6
Salt (g)	9.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Slice the **chicken breast** into thin strips. Peel and slice the **shallots**. Peel the **carrot** and cut it into matchsticks. Finely slice the **spring onion**, separating the white and the green parts. Peel and crush the **garlic**. Peel and grate the **ginger**. Rinse the **bean sprouts**.



2 Mix, beat and soak

In a bowl, combine the **soy sauce, sweet soy sauce, tamarind paste, fish sauce, brown sugar, honey** and the juice of half of the **limes**. Slice the remaining **limes** into wedges. Add the **eggs** to a bowl and beat them lightly. Add the **rice noodles** to a large bowl and cover them with boiling water. Leave to soak for 5 min.



3 Make peanut crumble

Heat a pan over a medium-high heat with a drizzle of **vegetable oil**. Add the **peanuts** and fry until golden, for 2 min. Transfer them to a chopping board to cool. Once cooled, chop them until they resemble crumbs. In a small bowl, mix them with the fried **onion, chilli flakes (spicy!)** and **salt**. This is your peanut crumble.



4 Stir-fry

Heat a large pan or wok over a high heat with a drizzle of **vegetable oil**. Add the **chicken** and stir-fry for 2 min. Add the **carrot, shallots**, the white parts of the **spring onion**, the **garlic** and the **ginger**. Stir-fry for 2 min further. If you're cooking for 3 or 4 people, you might want to use two pans.



5 Add

Add the **eggs** and stir-fry for 1-2 min, scrambling the **eggs** with a spatula as you go. Drain the **noodles** and add them to the stir-fry. Add the **sauce**, the **bean sprouts** and most of the green parts of the **spring onion** (reserve some for garnish). Stir-fry for a final 2 min.



6 Serve

Divide the Pad Thai among plates. Sprinkle with the peanut crumble. Garnish with the remaining **lime** wedges and **spring onion**.