

Prawn Pad Thai Noodle Stir Fry with Peanuts

hellóchef

Whip up this classic Southeast Asian stir-fry in no time!

Cals 615 • Prot 46 • Carbs 74 • Fat 18

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2818



Before you start

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

Ingredients

For stir fry	2 ppl	3 ppl	4 ppl	
Prawns 7*	350	525	700	Grams
Shallots	1	2	2	Pieces
Carrot	1	2	2	Pieces
Small zucchini	1	2	3	Pieces
Spring onion	40	60	80	Grams
Garlic cloves	2	2	3	Pieces
Ginger	30	45	60	Grams
Sugar snap peas	100	150	200	Grams
Organic Eggs 5*	2	2	3	Pieces
Rice noodles	150	200	300	Grams
Vegetable oil	4	6	8	Tbsp
Salt	0.5	1	1	Tsp
Sauce				
Soy sauce 9*, 10*, 11*	30	40	60	ML
Sweet soy sauce 9*, 10*, 11*, 14*	20	30	40	ML
Tamarind paste	15	22	30	Grams
Brown sugar	10	15	20	Grams
Honey	40	60	80	Grams
Lime	2	2	3	Pieces
To serve				
Salted peanuts 1*	40	60	80	Grams
Chilli flakes	2	2	2	Grams

Allergens

***7 Crustaceans, *5 Eggs, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *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)	2571 / 615
Fat (g)	18
of which saturates (g)	3.8
Carbohydrate (g)	74
of which sugars (g)	24.8
Fiber (g)	11
Protein (g)	45.8
Salt (g)	7.9

*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 vegetables

Drain the **prawns** on kitchen paper. Peel and finely slice the **shallots**. Peel and chop the **carrot** into matchsticks. Chop the **zucchini** into matchsticks. Finely slice the **spring onion**. Peel and crush the **garlic**. Peel and grate the **ginger**. Slice the **sugar snap peas** on the diagonal.



2 Prep sauce, eggs and noodles

In a bowl, combine the **soy sauce, sweet soy sauce, tamarind paste, 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 Fry prawns

Heat a large pan over a medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **prawns** and cook with a pinch of **salt** for 2-3 min until pink and cooked through (see pro tip). Transfer the **prawns** to a plate and set aside.



4 Fry vegetables

Return the pan to the heat with another drizzle of **oil**. Add the **carrot, shallots, zucchini, spring onion** (reserve some green slices for garnish), **garlic, ginger** and **sugar snap peas**. Fry for 2 min. If you're cooking for 3 or 4 people, use two pans.



5 Add and combine

Add the **eggs** and 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** and **prawns**. Stir-fry for a final 1-2 min.



6 Serve

Divide the stir-fry among plates. Garnish with the remaining **spring onion, salted peanuts**, a pinch of **chilli flakes (spicy!)** and the **lime** wedges.