

Pad See Ew

with Chicken and Greens

hellóchef

Traditionally made with flat rice noodles, we use fettuccine to make this classic Thai street food dish!

Cals 812 • Prot 61 • Carbs 101 • Fat 17

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🕒 cook: 30 min

R3193



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	300	500	600	Grams
Spinach	200	300	400	Grams
Garlic cloves	2	3	4	Piece
Spring onion	40	60	80	Grams
Vegetable oil	1	1	2	Tbsp
Organic Eggs 5*	2	3	4	Piece
Salt	0.5	0.5	1	Tsp
Sesame oil 3*, 9*	15	22	30	ML
Sauce				
Soy sauce 9*, 10*, 11*	10	20	20	ML
Sweet soy sauce 9*, 10*, 11*, 14*	20	30	40	ML
Dark soy sauce 9*, 10*, 11*	20	30	40	ML
Oyster sauce 8*, 10*	20	30	40	Grams
Brown sugar	10	15	20	Grams
Rice vinegar	15	22	30	ML
Chicken jus 15*	150	150	300	ML
Vegan fettuccine 10*	200	250	375	Grams

Allergens

***5 Eggs, *3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *8 Molluscs, *15 Celery**

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)	3393 / 812
Fat (g)	16.8
of which saturates (g)	4.1
Carbohydrate (g)	101
of which sugars (g)	21.8
Fiber (g)	5.3
Protein (g)	60.6
Salt (g)	5.8

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



1 Boil noodles

Bring a large pot of salted water to the boil. Once boiling, add the **fettuccine** and cook for 10 min. Drain.



2 Prep

Meanwhile, wash and roughly chop the **spinach**. Peel and finely mince the **garlic**. Trim and finely chop the **spring onion**. Chop the **chicken** into bite sized pieces.



3 Make sauce

In a bowl or jug, combine the **soy sauces, oyster sauce, sugar and rice vinegar** with the **chicken jus** (see pro tip!). This is your **stir-fry sauce**.



4 Stir-fry

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** pieces and fry for 5–6 min until golden. Add the **spinach** and **garlic** and cook for 2 min further until wilted. Push everything to the side of the pan and add the **eggs**. Scramble and cook for 2 min. Season with **salt**, then pour everything into a bowl and set aside. Reserve the pan.



5 Finish stir-fry

Add the **stir-fry sauce** to the reserved pan. Cook over a medium heat for 5 min until reduced. Once cooked, add the drained **fettuccine** to the frying pan along with the **chicken, spinach** and **egg**. Toss until well coated. Remove from the heat.



6 Serve

Stir the **sesame oil** through the **noodles**. Divide the **stir-fry** among bowls and garnish with the **spring onion**. Serve immediately.