

Chicken Pad Thai

with Snow Peas and Roasted Peanuts

hellóchef

Pad Thai is a popular street food made with tamarind, which has a unique sweet and tangy flavour.

Cals 671 • Prot 66 • Carbs 46 • Fat 26

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🕒 cook: 30 min

R3385



Before you start

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

Ingredients

Pad thai sauce	2 ppl	3 ppl	4 ppl	
Chilli flakes	2	2	4	Grams
Soy sauce 9* , 10* , 11*	20	30	40	ML
Sweet soy sauce 9* , 10* , 11* , 14*	15	20	30	ML
Tamarind paste	15	22	30	Grams
Sesame oil 3* , 9*	15	22	30	ML
Fish sauce 6* , 10*	10	10	20	ML
Brown sugar	5	10	10	Grams
Lime	1	2	2	Piece
Stir-fry				
Chicken breast	400	500	600	Grams
Snow peas	100	150	200	Grams
Garlic cloves	2	3	4	Piece
Bean sprouts	50	75	100	Grams
Carrot	1	1	2	Piece
Salted peanuts 1*	40	60	80	Grams
Organic Eggs 5*	2	3	4	Piece
Rice noodles	100	150	200	Grams
Vegetable oil	1	1	2	Tbsp
Fresh coriander	15	15	15	Grams

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds, *6 Fish, *1 Peanuts, *5 Eggs**
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)	2805 / 671
Fat (g)	25.7
of which saturates (g)	5.1
Carbohydrate (g)	46
of which sugars (g)	16.1
Fiber (g)	7.8
Protein (g)	65.9
Salt (g)	8.4

*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 veg

Slice the **chicken breast** into thin strips. Trim and slice the **snow peas**. Peel and mince the **garlic**. Rinse the **bean sprouts**. Peel and grate the **carrot**. Chop the **peanuts**.



2 Prep sauce

In a bowl, combine a pinch of **chilli flakes (spicy!)**, the **soy sauce**, **sweet soy sauce**, **tamarind paste**, **sesame oil**, **fish sauce**, **brown sugar** and the juice of half of the **limes**. Slice the remaining **limes** into wedges. Add the **eggs** to a second bowl and beat them lightly. Add the **rice noodles** to a third, larger bowl and cover them with boiling water. Leave to soak for 5 min.
Tip! Cooking for little ones? Go easy on the lime!



3 Start stir-fry

Meanwhile, 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**, **snow peas** and **garlic**. Stir-fry for 2 min further.
Tip! Cooking for 4? Use 2 pans!



4 Stir-fry

Add the **eggs** and stir-fry for 1-2 min, scrambling with a spatula as you go.



5 Add

Drain the **noodles** and add them to the stir-fry along with the **bean sprouts**. Stir-fry for a final 2 min. Remove the pan from the heat and add the **sauce**. Toss until coated.



6 Serve

Divide the **pad thai** among plates. Sprinkle with the **peanuts** and remaining **chilli flakes (spicy!)**. Garnish with the remaining **lime** wedges and the **coriander** leaves.