

# Prawn Pad Thai

## with Snow Peas and Roasted Peanuts

hellóchef

Pad Thai is a popular street food made with tamarind, famous for its unique sweet and tangy flavour.

Cals 561 • Prot 43 • Carbs 46 • Fat 25

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🕒 cook: 25 min

R3569





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 <b>9*</b> , <b>10*</b> , <b>11*</b>	10	10	20	ML
Sweet soy sauce <b>9*</b> , <b>10*</b> , <b>11*</b> , <b>14*</b>	15	15	30	ML
Tamarind paste	15	22	30	Grams
Sesame oil <b>3*</b> , <b>9*</b>	15	22	30	ML
Fish sauce <b>6*</b> , <b>10*</b>	10	10	20	ML
Brown sugar	5	10	10	Grams
Lime	1	1	2	Piece
Stir-fry				
Prawns <b>7*</b>	350	525	700	Grams
Snow peas	100	150	200	Grams
Garlic cloves	2	3	4	Piece
Carrot	1	2	2	Piece
Organic Eggs <b>5*</b>	2	3	4	Piece
Rice noodles	100	150	200	Grams
Vegetable oil	1	1	2	Tbsp
Bean sprouts	50	75	100	Grams
To serve				
Salted peanuts <b>1*</b>	40	60	80	Grams
Fresh coriander	15	15	15	Grams

Allergens

**\*9 Soya, \*10 Wheat, \*11 Gluten, \*14 Sulphur Dioxide, \*3 Sesame Seeds, \*6 Fish, \*7 Crustaceans, \*5 Eggs, \*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)	2347 / 561
Fat (g)	24.5
of which saturates (g)	4.8
Carbohydrate (g)	46
of which sugars (g)	16
Fiber (g)	7.8
Protein (g)	42.5
Salt (g)	7.2

\*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

Trim and slice the **snow peas**. Peel and mince the **garlic**. Peel and grate the **carrot**. Boil a kettle.



2 Make 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**. 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.



3 Start stir-fry

Meanwhile, heat a large pan or wok over a high heat with a drizzle of **vegetable oil**. Add the **prawns** and stir-fry for 1 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

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