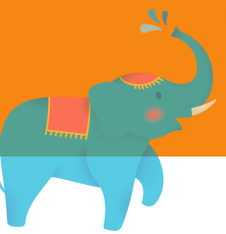
PAD THAI

with prawns or chicken

CRUNCH



Ingredients for 2 portions

You'll need: chopping board, sharp knife, small bowl, large bowl, wok or frying pan, wooden spoon, colander

100g linguini-style rice noodles
2 tsp coconut oil
2 large eggs, beaten
1 garlic clove, peeled crushed
½ red chilli, seeds removed and finely chopped
½ tbsp lime juice
1 tbsp fish sauce
½ tbsp chilli sauce
½ tbsp brown sugar
1 boneless, skinless chicken breasts or thighs, sliced thinly
or 150g raw, peeled frozen king prawns, defrosted
100g beansprouts
2 spring onions, finely sliced
2 tbsp unsalted peanuts, roughly chopped
25g dried coconut flakes or desiccated coconut
25g bunch fresh coriander, roughly chopped
1 lime, cut into wedges

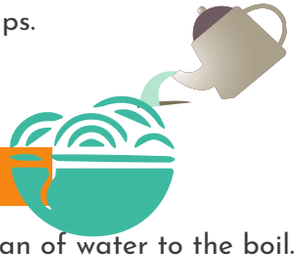
Prepare The Ingredients First. Then Follow Steps 1 to 8.

Step 1

Heat a drop of the coconut oil in a wok or frying pan. Add the egg. As soon as it begins to set, gently stir until it forms a flattish omelette.

Step 2

Transfer to a plate, leave to set and cut into strips.



Step 3

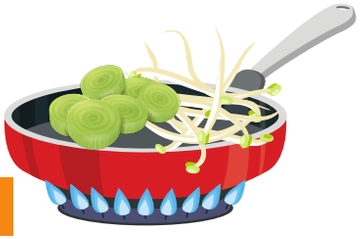
Bring a saucepan of water to the boil. Add the rice noodles and simmer for 8 minutes or according to the pack instructions. Drain them in a colander and rinse in cold water. Set aside.

Step 4

In a small bowl, combine the garlic, chilli, lime juice, fish sauce, chilli sauce and sugar. Set aside.

Step 5

Pour the rest of the coconut oil into the wok over a medium heat, fry the chicken or prawns for a few minutes, until just cooked.



Step 6

Add the beansprouts and the spring onions, and stir-fry for another minute.

Step 7

Add the noodles and stir-fry for 2 minutes.

Step 8

Add the peanuts, the dried coconut flakes, the coriander and the egg strips and then stir in the sauce.