

3. Pad Thai Chicken

4 servings

Ingredients

Essential items:

Rice noodles (can use another type of noodle but read packet instructions for how to cook)

2 chicken breasts

salt and pepper

3 medium red chillis (chopped)

3 spring onions (chopped)

2 eggs

Corriander (if I don't have any corriander i substitute for some dried mint)

1 tbsp lemon juice

1 tbsp brown sugar

2 cloves of garlic (minced)

3 tbsp of fish sauce

The following ingredients aren't essential but if you can afford them they taste fantastic in this dish

60g cooked shrimp

3 tbsp roasted peanuts (slightly ground)

beansprouts

mange tout or sugar snap peas

Method

1. Soak the rice noodles in hot water for 20 minutes or until cooked
2. Heat some oil in a pan and add the two beaten and seasoned eggs to make an omlette. Transfer to a plate and chop into strips and leave to cool.
3. Heat some oil in the wok and add the chicken, once it is sealed on all sides add the garlic.
4. Add the spring onions and shrimp (if using) and stir fry for another minute
5. Add the chillis, drained noodles, fish sauce, lemon juice, sugar and peanuts and stir fry over a high heat for another minute
6. Toss in the bean sprouts, omlette strips, mange tout and stir fry briskly for about 30 seconds
7. Toss over corriander and season to taste. Serve piping hot.