

CHICKEN PAD THAI



QUICK

15-20 minutes
prep time

HEALTHY

Wholemeal noodles are high in fibre which keeps you feeling fuller for longer and helps to keep your digestive system working effectively

FAMILY



Serves 5-6

MEALS

This doesn't need to be served with anything else as it contains all food groups.

INGREDIENTS

- 0.8 kg chicken breast or boned and skinned thighs
- 75g wholemeal rice noodles
- 2 courgettes
- 2 carrots
- ¼ red cabbage
- 1 red pepper
- 1 red onion
- ½ chilli (optional)
- 3 garlic cloves
- 4 cm ginger
- 50g peanuts
- 2 eggs – beaten

Sauce

- 2 chicken stock cubes in 100ml water
- 70ml cider vinegar
- 100ml soy sauce
- 2 tbs fish sauce - optional
- ½ tsp chilli paste – optional

METHOD

- 1) Slice onion
- 2) Slice chicken into 'fingers'
- 3) Mince your garlic, ginger and finely dice your chilli
- 4) Spiralize or dice your vegetables
- 5) Heat 1 tbs oil in a wok, add garlic, ginger and chilli and sauté for 1 min
- 6) Add chicken and onion – mix well
- 7) Cook noodles – follow the instructions on the pack
- 8) Put peanuts in a small bag and crush with a rolling pin
- 9) In a measuring jug – make up the sauce by mixing the stock, vinegar and soy sauce
- 10) Check chicken cooked, then add sauce
- 11) Add vegetables - mix
- 12) Slowly pour in beaten egg and noodles and mix well
- 13) Vegetables should be hot but still crunchy
- 14) Taste – add more soy sauce if needed
- 15) Sprinkle with peanuts and serve immediately



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com

