

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
- 2 nests wholemeal rice noodles
- 2 courgettes
- 3 carrots
- ¼ red cabbage
- 1 red pepper
- 1 red onion
- ½ chilli (optional)
- 4 garlic cloves
- 4 cm ginger
- 100g peanuts
- 2 eggs – beaten

Sauce

- 2 veg /chicken stock cubes in 6 tbs water
- 4 tbs cider vinegar
- 6-8 tbs soy sauce

METHOD

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