



Chicken Pad Thai Noodles with Fresh Lime and Peanuts

This healthy version of the tasty Thai classic offers lots of protein in the form of chicken, eggs, and peanuts.

Nutritional Info

Calories : 696 kcal
Carbohydrate 86.8 g
Protein : 67 g
Fat : 13.5 g

Ingredients

- Chicken Fillet (Diced)
- Free Range Egg
- Onion
- Garlic
- Carrot
- Lime
- Pepper
- Fresh Coriander
- Peanuts
- Rice Noodles
- Brown Sugar
- Sauce Mix
 - Fish Sauce
 - Soy Sauce
 - Rice Vinegar

Your Pantry

- Olive Oil

Allergens

Egg
Nuts (Peanuts)
Soybeans (Soy Sauce)
Wheat (Soy Sauce)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Prepare the sauce**

In a mixing bowl, whisk together the brown sugar, lime juice and sauce mix and set aside.

2) **Cook the noodles**

Cook the noodles in a pan of boiling water for 4-6 mins. When they're done, drain and set aside in a bowl until serving.

3) **Chop the ingredients**

While the noodles are cooking, get everything chopped. Finely slice the pepper, carrot and onion into long thin strips. Crush the garlic.

4) **Stir-fry the chicken & vegetables**

Heat oil in a wok or large and deep pan over medium-high heat. Once hot add the chicken and sauté until cooked through for about 4-6 minutes. Transfer to a plate, leaving oil in pan. Add the pepper and carrots and sauté for 1-2 minutes then add the garlic and onions and sauté 1 minute longer.

5) **Add the egg**

Push the veggies to the edges of pan, add a drop of oil if necessary and crack the eggs into center. Cook and scramble until eggs have cooked through. Add in the chicken and the cooked noodles with the sauce and toss everything together and cook 1-2 minutes.

6) **Plate the dish**

Serve warm topped with some freshly chopped coriander and crushed peanuts.



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