



## Vegetable Pad Thai Noodles with Fresh Lime and Peanuts



Make this healthy version of the tasty Thai classic in less time than it takes to have it delivered - minutes! This recipe offers lots of protein in the form of eggs, and peanuts.

### Nutritional Info

Calories: 512 kcal  
Carbohydrates: 86.8 g  
Protein: 16.5 g  
Fat: 11.9 g

### Ingredients

- Free Range Egg
- Onion
- Garlic
- Carrot
- Lime
- Pepper
- Fresh Coriander
- Peanuts
- Rice Noodles
- Brown Sugar
- Sauce Mix
  - 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) 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.

### 2) Prepare the sauce

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

### 3) Chop the vegetables

Finely slice the pepper, carrot and onion into long thin strips. Crush the garlic.

### 4) Stir-fry the vegetables

Heat oil in a wok or large and deep pan over medium-high heat. Once hot 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 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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