



# Chicken Pad Thai

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

## Ingredients

- 1 packet flat rice noodles (pad thai noodles)
- 1 Tbs avocado oil or olive oil
- 2 chicken breasts, cut into thin strips (or substitute for shredded BBQ chicken)
- 2 cloves garlic, minced or finely chopped
- 1 large red bell pepper, thinly sliced
- 2 eggs
- $\frac{2}{3}$  cup bean sprouts
- 1 cup freshly grated carrots
- 3 green onions, finely chopped
- $\frac{1}{4}$  cup fresh coriander, chopped
- $\frac{1}{4}$  cup peanuts, finely chopped
- \*\*Optional Asian Greens (any bok choy/chinese broccoli/pak choy)
- \*\* Optional 1 cup grated zucchini

## For the sauce

- 2 Tbsp fish sauce
- 2  $\frac{1}{2}$  Tbsp rice vinegar
- 1 Tbsp Tamari or low-sodium soy sauce
- 1 lime, juiced

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## Directions

1. Bring a large saucepan of water to a boil and cook the rice noodles according to the package instructions. Drain and quickly rinse under cold water so the noodles don't stick together.
2. In a small bowl, whisk together the fish sauce, rice vinegar, tamari or soy sauce and lime juice. Set to the side. Prepare your chicken by patting it dry and cutting it into thin strips.
3. Heat a large pan with the oil to medium. Then add in the raw chicken, capsicum and garlic. Cook for 2 - 4 minutes. Add in chopped asian greens if using.
4. Push the chicken, capsicum and greens to the side and crack the two eggs into pan. Use your spatula to scramble the eggs. Break up the egg and then mix in the chicken and veggies.
5. Add in the cooked noodles, bean sprouts, grated carrot, green onion, fresh coriander and sauce. \*\*If using shredded BBQ chicken, add in here. Gently toss to combine everything.
6. Serve immediately! Garnish with crushed peanuts, coriander and lime wedges.

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