

Chicken Pad Thai



Ready in 30 minutes


**SIMPLY
DINNER**

FEEDS 4

– RECIPE BY –

**annabel
langbein™**

What's in the kit

- Rick stick noodles
- Chicken breast
- Annabel's Go To Pad Thai Sauce
- Carrots
- Spring onions
- Cabbage
- Chopped peanuts

What else you need

- Cooking oil
- Salt and pepper
- Water

Optional extras

- 2 eggs
- Chilli sauce
- Lemon or lime

*Dinner's
in the Bag!*

NET WEIGHT 1985 g



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Chicken Pad Thai



Serves 4



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Ingredients

We endeavour to supply your meal kit exactly as shown. However, due to seasonality and supply issues some ingredients may occasionally be substituted with a different item.

200g rice stick noodles

1 bunch spring onions

2 carrots

4 tightly packed cups of very thinly sliced cabbage

400g chicken breast

½ tsp salt and several grinds of pepper

2 tbsp cooking oil

300g Annabel's Go To Pad Thai Sauce

½ cup hot water

70g chopped peanuts



Method

If using optional ingredients, please read cooking method fully before starting to cook.

1. Bring a full kettle of water to a boil. Place noodles in a bowl, cover with plenty of hot water, and leave to soak for 10 minutes. Don't oversoak or they will fall apart when added to the pan. Drain soaked noodles into a colander.
2. While noodles soak, thinly slice spring onions, keeping greens and whites separate. Peel carrots, halve lengthwise and thinly angle slice. Very thinly slice and measure 4 packed cups cabbage (save leftover in the fridge, for coleslaw or salad at another time). Keeping the vegetables in separate piles, set to one side.
3. Cut chicken into bite-size pieces (2-4cm). If using pre-diced chicken, you will not need to cut it up. Season with ½ tsp salt and several grinds of pepper.
4. Heat oil in a large wok or large, deep-frying pan or pot. Add chicken, spring onion whites (reserve greens for the end), and carrot and stir-fry over high heat until chicken is no longer pink, and everything is sizzling and just starting to brown (6-7 mins).
5. Add Annabel's Go to Pad Thai sauce, and ½ cup water. Stir to combine, simmer over low heat for 5 minutes.
6. Shake as much moisture as possible from noodles and add to the pan. Stir to coat in sauce and simmer for 1 minute. Add cabbage to the pan. Increase heat to high and cook, stirring now and then, for 1-2 more minutes until everything is hot and cabbage is slightly wilted. Check seasoning and adjust to taste with salt and pepper.
7. Remove from heat and mix through reserved spring onion greens and most of the peanuts.

To Serve

Divide evenly between 4 bowls.
Garnish with remaining peanuts and optional chilli sauce. If using lemon or lime, serve in wedges on the side for people to squeeze over. Enjoy!

Optional

If using eggs, cook these before you begin making the rest of the recipe. Crack two eggs into a small bowl and use a fork to whisk with a little salt and pepper. Heat 1 tbsp oil in a wok or frying pan over medium-high heat. Add eggs, swirl in the pan to coat the base. As soon as eggs are set, tip onto a clean board and chop into small pieces. Put to one side and add at the end when you add the noodles.

NUTRITION INFORMATION

Servings per package: 4

Serving size: 417 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	2330 kJ	557 kJ
Protein	34.1 g	8.2 g
Fat, total	11.9 g	2.8 g
- saturated	2.3 g	0.6 g
Carbohydrate	74.5 g	17.8 g
- sugars	291 g	7.0 g
Sodium	1650 mg	396 mg

INGREDIENTS: Chicken (24%), Cabbage, Annabel's Go To Pad Thai Sauce (18%) [Water, brown sugar, fish sauce (water, anchovy (fish), salt, sugar), soy sauce (water, salt, soy beans, wheat, alcohol), tamarind, onion, thickener (E442), garlic, acidity regulator (citric acid)], Rice Noodles (12%) [Rice flour, water], Carrot, Spring Onion, Chopped Peanuts [Peanuts].

Contains Fish, Peanuts, Soy, Wheat, Gluten

NUTRITION INFORMATION refers to the packaged meal and **NET WEIGHT** refers to the weight of the bag. All ingredients and items within this meal kit are intended for use in the recipe supplied and are to be used as per the stated **Use By** date. Nutritional values can increase or decrease due to changes caused by the cooking process, the addition of optional ingredients and pantry items (such as salt) or the substitution of fresh produce.

Directions for use and storage conditions: Keep everything clean including hands and surfaces prior to eating. Wash all fruit and vegetables thoroughly. Separate raw and ready to eat foods during storage and preparation. Cook food thoroughly. Keep food at safe temperature and store ingredients between 1°C and 4°C.

Marketed by: Foodstuffs North Island Ltd. 35 Landing Drive, Mangere, Auckland 2022.

If you have any feedback or issues with your meal kit, please contact the store you purchased your Simply Dinner meal kit from.

