**PAD THAI**

**SERVES:** 4

**TOTAL TIME:** 20 MINUTES

**INGREDIENTS**
- Sesame oil
- 1 red chilli diced
- 1 tablespoon grated ginger
- 1 clove garlic, crushed
- 2 sliced spring onions
- 1 egg, beaten and seasoned
- 1 mooi shredded
- 2 courgettes shredded or spiralised
- 50 grams beansprouts
- 200 grams cooked and peeled prawns
- Juice of 1 lime
- 1 tablespoon fish sauce
- ½ bunch coriander, chopped
- 2 tablespoon roasted peanuts, chopped

**INSTRUCTIONS**
Heat 1 teaspoon of oil in a wok until smoking hot.
Stir fry the chilli, ginger and garlic until fragrant, then add the spring onions for 2 minutes. Scrape everything to one side and add the egg.
Rapidly stir-fry, to get scrambled egg mixed with the spring onions and chilli.
Add the mooi and stir-fry for another 4 minutes, then add the beansprouts and the prawns.
Cook for another 2 minutes until the prawns have warmed through and the water has all but evaporated.
Flavour with the lime juice and fish sauce and transfer to four bowls.
Scatter with the coriander and chopped peanuts and serve.

**MACROS PER PORTION**

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Pad Thai follows a Thai culinary tradition of using all five tastes which are salty, sour, sweet, spicy and bitter.

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*Stay home*

Alconbury Weald