



HEALTHY CHICKEN PAD

THAI RECIPE

☰ Prep: 15 mins
 🕒 Cook: 20 mins
 🍴 Servings: 6
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Ingredients

- ▲ 250 g rice noodles
- ▲ 2 tbs fish sauce
- ▲ 2 tbs reduced-salt soy sauce
- ▲ 1 lime, juiced
- ▲ 1 tbs sugar
- ▲ 500 g skinless chicken breast, sliced into strips
- ▲ 1 spray olive or canola oil spray
- ▲ 2 cloves garlic, crushed
- ▲ 2 carrots, sliced into strips
- ▲ 1 capsicum, sliced into strips
- ▲ 12 snow peas, sliced into strips
- ▲ 2 cups bean sprouts
- ▲ 4 tbs unsalted peanuts, crushed

Method

1. Add 6 cups boiling water to a large bowl, add noodles and soak for 5-10 minutes. Drain noodles using strainer.
2. Mix fish sauce, soy sauce, 1/4 cup water, lime juice and sugar in a small bowl.
3. Turn fry pan onto medium heat and spray with oil. Cook chicken for 5 minutes until brown. Set aside.
4. Spray frypan with oil, add garlic, carrots and capsicum and stir fry for 5 minutes.
5. Add sauce, chicken, bean sprouts and noodles to frypan, mix together and turn frypan off. Sprinkle nuts on top.

Recipe from Foodbank WA's *Food Sensations*® for Adults program, reproduced with permission www.foodbankwa.org.au/food-sensations-for-adults/



Recipe by Food Sensations



Ingredients



Equipment



Soak noodles in boiling water.



Mix fish sauce, soy sauce, water, lime juice and sugar in a small bowl.



Sprinkle peanuts on top.

Serving Suggestion:

Add 1/4 cup fresh coriander and 1 diced chilli for extra flavour.

Nutrition Information

	per serving	per 100g
Energy	1523 kJ	545 kJ
	364 Cal	130 Cal
Protein	32 g	11.4 g
Fat, total	6.4 g	2.3 g
— saturated	1.1 g	0.4 g
Carbohydrate	41.2 g	14.8 g
— sugars	9.2 g	3.3 g
Sodium	1406 mg	503 mg
Fibre	5.5 g	2 g