**PAD THAI**

**Serves 4-5**

**INGREDIENTS:**

100 mL bean sprouts, **blanched *(if available)***

1 chicken breast **OR** 1 pork chop (cut into strips) **OR** tofu (cut into small cubes)

8 ounces dry Thai rice noodles

30 mL vegetable oil

60 mL soya sauce

30 mL white vinegar

15 mL lime juice

1 mL dried red pepper flakes

60 mL brown sugar

1 clove of garlic, minced

1 egg, beaten

1 carrot, peeled and julienned

**¼** red pepper, julienned

1 green onion, diced (to sprinkle on top)

10 mL chopped peanuts \****(optional – if making at home)\****

½ lime, cut into wedges (1 wedge per person as a garnish)

**INSTRUCTIONS:**

1. Bring a medium pot filled 3/4 full of water to a **rolling boil** on maximum heat. Use a lid to make the water boil faster. Place the bean sprouts in a strainer and submerge the sprouts in the boiling water for 30 seconds. Remove the bean sprouts and set them aside. ***DO NOT*** *throw out the boiling water* – use it to cook your rice noodles.
2. Add the rice noodles to the pot of boiling water. Allow them to sit for 5-7 minutes, stirring occasionally. The boiling water should NOT be sitting on the hot element during this time. Drain the noodles carefully and transfer them to a plate lined with a paper towel to dry.
3. Meanwhile, whisk together soya sauce, white vinegar, lime juice, red pepper flakes and brown sugar together in a small liquid measuring cup. Set aside.
4. Chicken, pork, or tofu can be cooked separately, in a small non-stick frying pan. Make sure to add oil if you are sautéing tofu. Check that meat is **no longer pink** in the centre.
5. While noodles are soaking, heat the vegetable oil over medium heat in a large wok. Sauté minced garlic for 30 seconds.
6. Add julienned carrots and bell pepper. Cook for 2 minutes over medium heat. Push veggies to the edge of the wok and crack the egg into the centre. Scramble the egg until white and cooked through.
7. Now add the soya sauce mixture, the noodles, and the blanched sprouts. Mix well, making sure the sauce does not burn and the noodles do not stick. Cook for about 1-2 minutes. The heat should now be on high. If the wok is not hot enough, there will be a lot of liquid at the bottom of the pan. Turn up the heat if this is the case!
8. Garnish with green onions and a lime wedge. Peanuts are optional (***if cooking this dish at home***).

**TIPS & TECHNIQUES FOR THE BEST RICE NOODLES**

The trickiest part of pad thai is the noodles. Rice noodles are very delicate and can go mushy if they are cooked for too long.

The secret is to make sure they soak in warm/hot water for 5-7 minutes. After this, the outside will be cooked and soft but the inside will still be firm. When adding noodles to stir fry, soup, pad thai, or other dishes, they will continue to cook. Because of this, you should not soak the noodles for longer than 7 minutes because they will then become mushy.

Make sure that all of the noodles are evenly submerged so that none of them are still crunchy at the end.

When noodles are ready to put in the pan, they should be flexible but not mushy.

Keep stirring the noodles once they are placed in the wok to make sure they don’t clump together. You want to make sure the sauce and veggies are evenly distributed throughout the dish!