



Chicken Pad Thai with Crunchy Veg



Pad Thai is a traditional stir fried Thai noodle dish, perfect for a light supper. The fresh ingredients give it a really aromatic, authentic taste.

Overview

 Serves 2 people

 Cooking time 10 minutes

 Preparation 5 minutes

Ingredients

For the chicken

300g chicken breast, sliced into strips
1 tablespoon **Amoy Dark Soy Sauce**
1 tablespoon cornflour
1 tablespoon sunflower oil
1 inch piece of fresh root ginger, grated
1 large red pepper, deseeded and thinly sliced
1 medium carrot, top and tailed, peeled, and sliced lengthways; or peeled into long strips using potato peeler
100g baby corn, sliced in half on an angle
150g whole, washed mangetout
1 spring onion, sliced into 1 inch pieces on the angle
1 tablespoon rice wine
1 pack of **Amoy Pad Thai Stir Fry Sauce**
2 x 150g packs of **Amoy Ribbon Rice Noodles**
1 tablespoon **Amoy Dark Soy Sauce**
50g whole peanuts – crushed, salted and seasoned with 1 teaspoon soft brown sugar; or raw, crushed, unsalted cashew nuts for a healthier option
1 small bunch (5g) coriander leaves and stems, chopped

Ching's Tip

For a zesty zing at the end, squeeze half a lime over each serving. To add spice, sprinkle over some dried chilli flakes.

AMOY ZING
MEALS in a
MINUTE 

with
Ching He Huang

Method

1. Prepare the vegetables and chicken. In a bowl, add the chicken strips and add the **Amoy Dark Soy Sauce**, mix well and dust with cornflour.
2. Heat a wok over high heat and add the sunflower oil, giving it a swirl to coat the sides of the wok. Add the ginger and stir for a few seconds to release the flavour and aroma in the oil. Add the chicken and stir fry for 3 minutes until the chicken is cooked. As the chicken starts to brown, add the rice wine or vegetable stock.
3. Quickly follow with all the crunchy vegetables – red pepper, carrot, baby corn, spring onions, and mangetout – and toss, cooking for 1 minute. Add the **Amoy Pad Thai Stir Fry Sauce** and **Amoy Ribbon Rice Noodles**, and toss well together, cooking for another minute until all the ingredients are well-coated in the sauce. Season with a tablespoon of **Amoy Dark Soy Sauce**.
4. Take off the heat, sprinkle and garnish with nuts.
5. To serve, ladle and divide the noodles onto two serving plates, serve and eat immediately.