

INGREDIENTS

1 nest dried rice or egg noodles

1 red onion – finely chopped

1 carrot - peeled and sliced thinly

2 cloves garlic – crushed

1cm fresh root ginger—peeled and chopped

$\frac{1}{2}$ pepper - deseeded and sliced thinly

100g cooked chicken or quorn

1 egg - beaten

2 dessertspoons oyster sauce (or fish sauce)

1 dessertspoon rice or white wine vinegar
(optional)

2 dessertspoons light soy sauce

1 tablespoon freshly chopped coriander

$\frac{1}{2}$ teaspoon chilli flakes

EQUIPMENT

chopping board, sharp knife,

wok or large 'non stick' frying pan

wooden spoon, mixing bowl,

dessertspoon, fork

SERVES: 2

PREP TIME: 15 minutes

COOK TIME: 10-15 minutes

ALLERGENS: cereals containing gluten,
egg, fish, soya

METHOD

- 1 Place the noodles in the mixing bowl, Carefully cover the noodles with boiling water and leave for 5-10 minutes to soften. Then drain and set aside.
- 2 Heat the oil in the wok or frying pan until hot, then add the onion and carrot and stir-fry over a high heat for 3minutes. Add the garlic, ginger, pepper and chicken and stir fry for a further 3 minutes.
- 3 Make a well in the centre of the wok and pour in the egg. When the bottom starts to set, scramble the eggs with a fork, then add the noodle and mix everything together.
- 4 In a small bowl, mix together the oyster sauce, vinegar and soy sauce. Pour the sauce into the wok, mix everything together and stir-fry for a further minute.
- 5 Serve the Phad Thai immediately with a sprinkling of fresh coriander and chilli flakes (optional).

