Taya Kitchen
CULINARY SCHOOL

No Fuss Pad Thai

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Ingredients

100 grams (dry weight)	3mm rice stick noodles, pre soak in tepid water for 1 hour or in luke warm water for 30 minutes, drain well
2 tablespoons	neutral oil
1	egg, medium size
100 grams	sliced thinly protein of your choice, chicken, tofu, prawns, beef or emu
½ cup	bean sprouts
½ cup	Chinese chives or spring onion, cut into 4cm pieces
2 tablespoons	water

Stir Fry Sauce

2 tablespoons	tamarind extract
1.5 tablespoons	fried onion
2 tablespoons	kecap manis, caramelised dark soy sauce, ABC brand
1 tablespoon	Thai fish sauce
1 tablespoon	water

Method

1. Follow instructions above and rehydrate noodles. Drain well and cover till use.
2. Prep and measure all ingredients above.
3. Now let's start, add oil into a pan or wok over medium heat.
4. Once the oil is warm, add the egg, break the yolk, create strips of egg in the wok.
5. Stir furiously to ensure the egg doesn't catch at the bottom of the wok. Add protein and fold into the egg.
6. Increase to high heat, add noodles + 2 tablespoons of water.
7. Separate the noodles slightly using spatula and fold until just soften. Ensure the noodles does not catch at the bottom of the wok.
8. Add the ingredients for the stir fry sauce and fold gently into the noodles.
9. Let the noodles absorb the sauce, turn off the heat. Fold in the bean sprout and spring onion.
10. Serve in a bowl and garnish with roasted peanuts, lime wedges and coriander if you wish. Serve NOW!

Serves: 1 healthy person or 2 light marathon runners
Preparation & Cooking Time: 10 minutes

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