

UCOOK

Saucy Squid Pad Thai

with a tangy Thai sauce & toasted coconut

Pan Fried squid on a bed of rice noodles that soak up the tamarind, fish sauce and soy dressing accompanied by all the usual pad thai ingredients; pak choi, coriander, lime, spring onion, plus an optional egg if you so desire. Finished off with an unusual suspect; toasted coconut to excite your taste buds.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 Cavalli Estate | White Knight

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Ingredients & Prep

50g	Flat Rice Noodles
15g	Coconut Flakes
100g	Pak Choi <i>trimmed at the base & rinsed</i>
150g	Squid Heads & Tubes
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
1	Garlic Clove <i>peeled & grated</i>
100g	Shredded Cabbage
52,5ml	Pad Thai Dressing <i>(15ml Fish Sauce, 15ml Tamarind Paste, 15ml Brown Sugar & 7,5ml Low Sodium Soy Sauce)</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
1	Lime <i>zested & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s (optional)
Paper Towel

1. PREPARE RICE NOODLES Boil the kettle. Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 8-10 minutes until cooked through and glassy. Drain on completion and toss through some oil to prevent sticking.

2. TOAST COCONUT FLAKES & PAK CHOI PREP Place the coconut flakes in a pan over a medium heat. Toast for 2-4 minutes until lightly golden, shifting occasionally. Remove from the pan on completion and set aside to cool. Separate the rinsed pak choi stems and the leaves. Thinly slice the stems and slice the leaves in half lengthways.

3. FRY THAT PAD THAI Rinse the squid to remove any residue from the packet and pat dry with some paper towel. Place a non-stick pan over a high heat with a drizzle of oil. When smoking hot, sauté the squid for 3-4 minutes until cooked through stirring occasionally. Remove from the pan on completion. Return the pan on a medium heat with a drizzle of oil if necessary. Add the sliced pak choi stems and fry for 1-2 minutes until lightly browned. Add the spring onion whites and grated garlic and continue to fry for 1-2 minutes until fragrant. Add the shredded cabbage and fry for 1-2 minutes. Stir through the pad thai dressing, cooked noodles, pak choi leaves, and the squid and simmer for 2-3 minutes until the noodles are warmed through and the leaves are wilted.

4. OPTION(AL EGG) & PAD THAI SEASONING Push the noodle mix to one side in the pan leaving a space to crack 1 egg. Scramble the egg with your spatula or wooden spoon and saute until cooked to your preference. Once cooked, mix through the noodle mixture. Add $\frac{3}{4}$ of the chopped coriander, lime juice from 2 wedges, a pinch of lime zest and some seasoning to taste.

5. PLATE Plate up your pad thai noodles. Sprinkle over the toasted coconut. Garnish with the sliced spring onion greens, remaining coriander and a lime wedge. Tuck in!



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	480kj
Energy	115Kcal
Protein	6.7g
Carbs	16g
of which sugars	4.6g
Fibre	1.7g
Fat	3g
of which saturated	2.1g
Sodium	337mg

Allergens

Gluten, Allium, Shellfish, Wheat, Fish, Soy

Cook
within 1
Day