



UCCOOK

Garlic Chicken Pad Thai

with rice noodles & pak choi

What makes Thai food so amazing for a weeknight dinner is that you can get very intricate flavours in a short amount of time. The trick to creating this quick and unique taste is the pad thai sauce. This layered liquid will coat golden chicken, pak choi & peanuts in the ultimate umami-ness.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

Strandveld | Adamastor White Blend

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Ingredients & Prep

75g	Flat Rice Noodles
150g	Free-range Chicken Mini Fillets
100g	Pak Choi <i>trim at the base, separate the leaves & rinse thoroughly</i>
100l	Pad Thai Sauce <i>(30ml Tamarind Paste, 25ml Sugar, 30ml Oyster Sauce, 5ml Fish Sauce & 10ml Low Sodium Soy Sauce)</i>
10ml	Chilli & Garlic Flakes <i>(5ml Dried Chilli Flakes & 5ml Garlic Flakes)</i>
10g	Peanuts <i>roughly chop</i>
1	Spring Onion <i>rinse, trim & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. OODLES OF NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 10-12 minutes. Drain and toss through a drizzle of olive oil. Set aside.

2. FRY THE CHICKEN FILLETS Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

3. PAK CHOI & PAD THAI Finely slice the pak choi stems and set aside. Roughly shred the leafy parts, keeping them separate from the stems. Return the pan to medium heat with a drizzle of oil. When hot, fry the pak choi stems until charred, 2-3 minutes. Mix through the pad thai sauce and the pak choi leaves. Simmer until reduced, 1-2 minutes (stirring occasionally). Remove from the heat and mix through the chilli & garlic flakes, the cooked noodles, and the cooked chicken with the resting juices. Loosen with a splash of water, season, and set aside.

4. TO THAI FOR Plate up the tasty chicken & noodle pad thai. Garnish with the chopped peanuts and the sliced spring onions.



Chef's Tip

Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	662kj
Energy	158kcal
Protein	10.3g
Carbs	25g
of which sugars	8.7g
Fibre	1.2g
Fat	3g
of which saturated	0.9g
Sodium	521mg

Allergens

Gluten, Allium, Peanuts, Wheat,
Sulphites, Fish, Soy, Shellfish

**Eat
Within
3 Days**