



Easy Pad Thai

Ingredients

- 4 tablespoons Maggi Tamarind Sauce
- 2 teaspoons Maggi Liquid Seasoning
- 125 g Rice Noodles
- 1 teaspoon Vegetable Oil
- 2 garlic cloves, finely chopped
- 1 carrots, peeled into ribbons
- 75 g Sweet Yellow Peppers
- 75 g Snap Bean
- 0.25 tablespoon Fish Sauce
- 2 large eggs, lightly beaten
- 3 spring onions, cut on the diagonal into strips
- 1 lime, half juiced, half cut into wedges to serve
- 25 g roasted peanuts, roughly chopped
- 0.5 bunch coriander leaves
- 5 g Red Chilli

Instructions

1. Cook the noodles according to the pack instructions. Set aside and keep warm.
2. Heat the oil in a large non-stick frying pan or wok over a high heat and add the garlic, carrots and peppers and fry for 2-3 minutes until starting to char at the edges. Add the green beans and continue to cook for another 2 minutes.
3. Move the vegetables to one side of the frying pan. Beat the eggs briefly then pour into the clean space in the frying pan. Allow the eggs to cook and set before breaking them up and mixing them in with the other ingredients.
4. Add the Maggi Tamarind Sauce, Maggi Liquid seasoning and fish sauce (if using) and return the cooked noodles to the pan. Heat and mix everything together for 2-3 minutes. Add half the lime juice and half the crushed peanuts.
5. Pile the pad Thai into 2 bowls, topping with the extra peanuts, chopped herbs and lime wedges. Tuck in!

Nutrition

Carbohydrate	80.93 g
Energy	468.18 kcal
Fat	14.18 g
Fibre	6.57 g
Protein	16.34 g
of which: saturates	3.06 g
Sodium	1120.78 mg
of which: sugars	18.66 g

30 Minutes

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