

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Chicken Pad Thai

ready in under 25 minutes!



Ingredients – serves 4 people

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| 1 pkt thick rice noodles (200gm approx.) | 2 lrg garlic cloves (grated finely) |
| 2 lrg chicken breast (sliced thinly against the grain) | 2 eggs |
| 3 Tbsp cooking oil | 3 Tbsp tamarind paste |
| 4 ea chinese chive stalks (washed, drained & sliced) | 3 Tbsp water |
| 2 spring onions (washed, drained & sliced thinly) | 4 Tbsp fish sauce |
| 1 red chilli (de-seeded & sliced thinly) | 3 Tbsp caster sugar |
| 2 cups beansprouts (washed & drained) | ½ cup coriander leaves (washed & drained) |
| | ½ cup roasted peanuts (crushed) |
| | 1 lime (washed, drained and cut into ¼) |

Method

Soak the rice noodles in a boiling water for approx. 10 minutes or until soft and then pour off the water.

Place tamarind paste, water, fish sauce and sugar in a pan then bring to a gentle boil.
Remove from the heat and whisk to dissolve the sugar – set aside.

Pre-heat a frying pan/ skillet on a high heat.

Add the oil and ensure the pan is coated then carefully add the chicken strips.

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Toss the pan frequently to ensure the chicken strips seal evenly (approx. 2 -3 minutes) then add the garlic, red chilli, and most of the spring onion.

Toss to mix evenly and cook until the onion has softened, and the garlic has started to turn golden brown.

Add the soaked noodles and the tamarind sauce mix – stir/toss together.

Make a well/hole in the centre and add the eggs.

Break the yolks and then scramble them through the noodle mix – tossing the pan as you do so.

Add 1 cup of beansprouts and the Chinese chives – toss through and allow to heat for a few seconds.

Divide equally between the serving bowls/plates.

Add equal amounts of bean sprouts, coriander, and crushed peanuts plus a lime wedge to each bowl/plate and serve.

Notes from the chef:

Tamarind concentrate is stronger but can often be thinner in consistency – use only a 1/3 of the amount in the recipe.

If you cannot find tamarind paste then pomegranate molasses can be substituted in equal quantities,

Fish sauce may be omitted, and soy sauce used instead.

Shrimps may be used instead of chicken – simply remove them from the pan after the first step and add them back with the noodles and sauce!

Do not overcook/reduce the sauce or the flavour will become very tart/acidic.

Taste the sauce and adjust the flavour to suit your preference – add more fish sauce/add more sugar/more tamarind.

The sauce can be made in advance and will keep in the fridge in an airtight container for several weeks.

If you can find pickled/preserved radish or turnip, then 2 Tbsp chopped and added with the noodles gives a truly authentic Thai flavour!

Tbsp - tablespoon

Tsp - teaspoon