



Enjoy within 2 days

More Than Food

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Pad's Thai with Tamarind and Roasted Peanuts

It took our chef Patrick awhile to get around to this little classic because we wanted to get it just right. Our version of the famous Pad Thai uses egg noodles (for ease of cooking) and one of the key flavours - tamarind. Originally from Africa, tamarind has that sweet and sour flavour we most commonly associate with this dish. Sprinkle on some crushed, dry roasted peanuts for added texture and you may as well be strolling through the street markets on the Khao San Road. If you like it hot then add the whole chilli, otherwise just add as much as you dare!

25 mins

spicy

veggie

healthy

lactose free



Green Beans



Coriander



Spring Onion



Garlic Clove



Red Chilli



Dry Roasted Peanuts



Ginger



Egg Noodles



Tamarind Sauce



Muscovado Sugar



Soy Sauce



Beansprouts



Lime

Ingredients

	2P	4P
Green Beans, halved	1 pack	2 packs
Coriander, chopped	3 tbsp	5 tbsp
Spring Onion, sliced	2	3
Garlic Clove, chopped	2	4
Red Chilli, chopped	1 tsp	2 tsp
Dry Roasted Peanuts 1	1 tbsp	2 tbsp
Ginger, chopped	½ tbsp	1 tbsp
Egg Noodles 2, 3	1-2 nests	3 nests
Tamarind Sauce 5	2 tsp	4 tsp
Muscovado Sugar	1 tsp	2 tsp
Soy Sauce 2, 6	1½ tbsp	3 tbsp
Beansprouts	½ bag	1 bag
Lime	½	1

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1)** Peanut | **2)** Gluten
3) Egg | **4)** Celery
5) Sulphites | **6)** Soya

Nutrition per serving: Calories: 533 kcal | Protein: 17 g | Carbs: 75 g | Fat: 19 g | Saturated Fat: 3 g



1 Boil a large pot of water. Chop the tops and bottoms off the green beans and then chop them in half, roughly chop the coriander. Cut 1cm off the top and bottom of the spring onions before slicing them finely (keeping the white parts and green parts in separate piles). Peel and finely chop the garlic, chop the chilli and crush the peanuts by putting them in a resealable bag and whacking them with a rolling pin.

cup of the noodle water aside, before draining the noodles and placing them in cold water until you need them.



2 Peeling ginger is about as easy as falling off a log backwards. Hold the ginger in one hand and peel off the skin using the edge of a spoon. Now just chop the ginger nice and finely.

5 Mix the tamarind sauce with the muscovado sugar and the soy sauce. Keep it to the side for later.



3 Once the water has come to the boil, add in your green beans for 2 mins. After 2 mins, scoop the beans out of the water and run them under a cold tap to cool them down (i.e. 'refresh' them). They should still have a good bit of crunch left in them. Save the water for your noodles.

6 Heat 1 tbsp of oil in a large non-stick frying pan on high heat. Once it's really hot, add in your garlic, chilli and ginger for 30 seconds. Next, add in your green beans and the white parts of the spring onion.



4 Cook your noodles (1 or 2 nests depending on how hungry you are) in the boiling water for around 4 mins or until 'al dente' (i.e. there is a hint of firmness left in the middle). Keep ½

7 After a minute, throw in your drained noodles. Add your soy sauce mixture together with 2 tbsp of the reserved noodle water (this should loosen up the noodles nicely). Cook for a further minute whilst you toss all the ingredients together.

8 Turn off the heat and add the beansprouts. Toss the beansprouts into the noodles before squeezing over the juice of at least half the lime. Serve into bowls and top with your crushed peanuts, the greens of your spring onion and some chopped coriander. Aloy mak! (That's super tasty to you and me!)

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!