



PAD THAI noodles

Ingredients:

12-16 medium-sized king prawns
 150 g mangetout
 3 spring onions
 100 g tofu
 50 g roasted peanuts
 100 g bamboo shoots
 2 small red chilli peppers
 20 g ginger
 2 garlic cloves
 3 sprigs of fresh coriander
 200 g medium rice noodles
 3 tbsp peanut oil
 150 g bean sprouts
 3 tbsp fish sauce
 1-2 tsp tamarind paste
 Salt and pepper
 2 eggs
 1 red bell pepper

Accessories:

Pasta cooker
 Induction wok
 Griddle

Preparation:

Rinse the king prawns in cold water, remove the head and peel. De-vein.
 Halve the mangetout diagonally and wash.
 Clean and wash the spring onions and cut into small, diagonal slices. Wash the pepper and cut into thin slices.
 Dice the tofu into 1-cm cubes.
 Coarsely chop the peanuts. Halve the chilli, and peel the ginger and garlic.
 Finely chop. Wash, dry and roughly pluck the coriander.
 Cook the rice noodles in boiling, salted water until firm and drain.
 Heat the oil in the wok. Fry the garlic, ginger and chilli together with the king prawn tails over a medium heat for approx. 2 mins. Push to the side of the wok.
 Add the mangetout, pepper and spring onion and fry vigorously. Add the bamboo shoots and fry briefly. Add the tofu and bean sprouts to the wok and fry for 1-2 mins.
 Add the rice noodles. Season with fish sauce, tamarind paste, salt and pepper. Pour in the whisked egg and leave to coddle. Sprinkle the coriander and peanuts over the pad Thai.

Notes:

Preparation time: approx. 30 mins / difficulty level: medium / calories p.p.: n/a

Powered by: