

# Pad Thai

Recipe recommended by Yasmine Fella  
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## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	471kj	6%
Energy (kcal)	112cal	6%
Fat	01.9g	3%
<i>of which saturates</i>	0.3g	2%
Carbohydrate	13g	5%
<i>of which sugars</i>	4.4g	5%
Fibre	2.3g	9%
Protein	9.8g	20%
Salt	0.31g	5%

Generated by Nutritics v5.61 on 09/09/2022

### INGREDIENTS: (Serves 2, 370kcal per 498g)

- 2 chicken breast, chopped into chunks
- 2 wholewheat noodle nests, boiled (**GLUTEN**)
- 100g of grated carrot
- 1 pepper sliced into batons
- A handful of mangetout
- 150g of thinly sliced cabbage
- 2 thumbs of ginger
- 4 garlic cloves
- 2 chillis
- 2tsp soy sauce (**SOYA**)
- 1tbsp each of flour (**GLUTEN**) honey, lemon juice and olive oil

### METHOD:

1. Start by frying your chicken with a dash of soy sauce and honey. When that is half cooked, add your vegetables, ginger, garlic and chillies
2. Whilst these are cooking, create your sauce in a bowl, including the honey, soy sauce, flour, and lemon juice.
3. Once the vegetables and chicken are cooked add your noodles to the frying pan along with the sauce and fry until everything is evenly coated.

### ALLERGENS



GLUTEN



SOYA

### MODIFY

This recipe can be modified by changing the protein, fish works really well with this, but also tofu for a vegetarian version. All vegetables can be changed. This is really a recipe to make your own.

### CREDIT

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Photo by: Yasmine Fella

