



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SUGAR SNAP PEAS

Sugar snap peas are a good source of B-vitamins. These essential nutrients help convert our food into fuel, allowing us to stay energised throughout the day!



3. PAD THAI NOODLES

WITH EGGS

 30 Minutes

 2-3 Servings

Stir fried rice noodles and vegetables with scrambled egg, topped with roasted peanuts. An extra healthy and tasty version of the popular street food.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
18g	31g	68g

27 April 2020

FROM YOUR BOX

RICE NOODLES	1 packet
BROWN ONION	1/2 *
GREEN CAPSICUM	1/2 *
SUGAR SNAP PEAS	1/2 bag (75g) *
CARROT	1
FREE-RANGE EGGS	3
CORIANDER	1/2 packet *
PEANUTS	1 packet (50g)
LEMON	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), pepper, fish sauce, sugar (of choice), white wine (or rice wine) vinegar

KEY UTENSILS

saucepan, frypan

NOTES

Use rice wine vinegar, palm sugar and peanut oil in the sauce for a more authentic flavour.

If you don't have fish sauce you can use soy sauce or tamari.

Protein upsize add-on option - veggie paté

Reduce fish sauce to 2 tbsp in step 2. Dice and add to pan along with veggies.



1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles and cook for 5 minutes until tender. Drain and rinse.



2. PREPARE THE SAUCE

Combine **3 tbsp fish sauce**, **2 tbsp vinegar**, **1 tbsp sugar** and **3 tbsp oil** in a bowl (see notes). Set aside.



3. PREPARE THE VEGETABLES

Slice onion, capsicum and sugar snap peas. Slice carrot into crescents.



4. COOK THE VEGGIES & EGGS

Heat a large frypan over medium-high heat with **oil**. Add vegetables and cook for 5 minutes until tender. Move the vegetables to one side of the pan and crack in the eggs. Lightly scramble and cook until set.



5. TOSS THE NOODLES

Reduce pan heat to low. Add noodles and sauce, toss until well combined. Season with extra **fish sauce** and **pepper** if needed.



6. FINISH AND PLATE

Divide noodles among bowls. Garnish with roughly chopped coriander and peanuts. Serve with lemon wedge.