






More Than Food
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within
2 days



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Pad Thai with Tamarind and Roasted Peanuts

It took our chef Patrick a while to get around to this little classic because we wanted to get it just right. One of the key flavours is 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



lactose
free



spicy



veggie



healthy



Green Beans (1 pack)



Coriander (3 tbsp)



Spring Onion (3)



Garlic Clove (2)



Red Chilli (1 tsp)



Dry Roasted
Peanuts (2 tbsp)



Ginger (½ tbsp)



Rice Noodles
(½-¾ pack)



Tamarind Sauce
(2 tsp)



Soy Sauce
(1½ tbsp)



Beansprouts
(½ bag)



Lime (½)

Ingredients	2 PEOPLE	ALLERGENS
Green Beans, halved	1 pack	
Coriander, chopped	3 tbsp	
Spring Onion, sliced	3	
Garlic Clove, chopped	2	
Red Chilli, chopped	1 tsp	
Dry Roasted Peanuts	2 tbsp	Peanut
Ginger, chopped	½ tbsp	
Rice Noodles	½-¾ pack	
Tamarind Sauce	2 tsp	Sulphites
Soy Sauce	1½ tbsp	Gluten, Soya
Beansprouts	½ bag	
Lime	½	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

In the Bahamas, large unripe tamarind fruits are roasted in coals until their skins burst open; the sizzling pulp is then dipped in wood ashes and eaten as a quick snack. Erm yum?

Nutrition per serving: Calories: 442 kcal | Protein: 10 g | Carbs: 64 g | Fat: 16 g | Saturated Fat: 3 g

1



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.

2



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.

6



3 Once the water has come to the boil, add in the **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 the noodles.

4 Put the **noodles** in a bowl and pour on your boiling water.

Tip: Let your appetite decide how much noodles you add to the pan!

Leave to soak for 10 mins until your noodles are 'al dente' (i.e. there is a hint of firmness left in the middle). Keep a couple of tbsp of the noodle water aside, before draining the **noodles** and placing them in cold water until you need them.

7



5 Mix the **tamarind sauce** with 1 tsp of **sugar** (if you have some) and the **soy sauce**. Keep it to the side for later.

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

7 After a minute, throw in the drained **noodles**. Add the **soy sauce** mixture together with 3 tbsp of the reserved **noodle water** (this should loosen up the noodles nicely). Cook for a further minute and then toss in the **beansprouts** and a good squeeze of **lime** juice. Serve with a sprinkle of the crushed **peanuts**, remaining **spring onions** and chopped **coriander**.