

## CHICKEN PAD THAI

### Ingredients

120 g flat rice noodles  
4 tablespoons reduced-salt tomato sauce  
1 tablespoon fish sauce  
1 teaspoon sugar  
1 tablespoon peanut oil, divided  
1 egg, lightly beaten  
340 g boneless, skinless chicken breast halves, cut into 3 cm long strips  
2 cloves garlic, minced  
3 shallots, cut into 2.5 cm pieces  
1 cup bean sprouts  
1/2 cup unsalted peanuts, finely chopped  
Lime wedges (optional)



### Method

1. Bring a pot of water to the boil and cook the noodles per the package directions.
2. Combine the tomato sauce, fish sauce and sugar in a small bowl. Heat 1 teaspoon of the peanut oil in a large nonstick frypan over medium-high heat. Add the egg and cook, stirring occasionally, for about 2 minutes or until set. Transfer the egg to a bowl and reserve. 5 minutes or until lightly browned and cooked through. Add the garlic and cook for 30 seconds longer. Stir in the noodles and cook for 1 minute longer or until hot. Add the tomato sauce mixture and cook, tossing, for 1 minute. Stir in the shallots and reserved egg and remove from the heat.
3. Return the frypan to the stove top and heat the remaining 2 teaspoons oil. Add the chicken and cook, stirring often, for 4 to
4. Divide among 4 plates, garnishing each with 1/4 cup of the bean sprouts and sprinkling with the peanuts. Serve with the lime wedges, if desired

### Notes:

Nutrition per serving: 1,677 kilojoules, 27 g protein, 27 g carbohydrates, 19 g fat, 3.6 g saturated fat, 109 mg cholesterol, 549 mg sodium, 3.5 g fibre

Author: Flat Belly Diet Cookbook