Chicken pad Thai

Toss chewy rice noodles with chicken, egg and a tangy tamarind sauce. A wedge of lime and crushed roasted peanuts go on each plate just before serving.

Serves 2 · 25 minutes, plus noodle soaking

Ingredients

Contains egg, peanuts and fish (anchovy in the fish sauce). Check pack labels if you change the noodles, nuts or sauce.

160 g dried flat rice noodles, 3 mm wide

25 g seedless tamarind block

80 ml warm water, plus extra for the wok if needed

25 g palm sugar, finely chopped

1½ tbsp fish sauce

2 tbsp sunflower oil

1 shallot, finely sliced

200 g boneless chicken breast, thinly sliced

2 eggs, lightly beaten

100 g mung bean sprouts

3 spring onions, cut into short lengths

25 g plain roasted peanuts, crushed

1 lime, cut into wedges

Method

1. Soften the noodles

Prepare the noodles for stir-frying following the packet instructions. Drain when they bend easily but still feel firm in the centre.

2. Mix the tamarind sauce

Soak the tamarind in the warm water for 5 minutes. Mash with a spoon, then press through a sieve into a small pan. Add the palm sugar and fish sauce; heat gently until the sugar dissolves.

3. Cook the chicken and egg

Heat half the oil in a large wok over medium-high heat. Fry the shallot for 1 minute, then add the chicken. Stir-fry for 4–6 minutes until cooked through with no pink centre. Push aside, add the remaining oil and scramble the eggs until set.

4. Toss and serve

Add the noodles and sauce. Toss for 2–3 minutes until the noodles are tender; splash in a little water if the wok dries out. Fold in the sprouts and spring onions and toss until steaming hot throughout. Serve with the peanuts and lime.

Cook’s note If cooking for four, make two batches. A crowded wok makes the noodles steam and stick together.