

Healthy Pad Thai

This healthy version of Pad Thai is perfect for busy nights when craving something quick and comforting yet nourishing. You can swap the chicken breast with lean pork fillet or peeled green prawns.

Serves 2

Prep: 10 min

Cook: 15 min

100g rice stick noodles
2 tbs salt-reduced soy sauce
1 tbs lime juice
1 tsp honey
250g chicken breast, thinly sliced
1 garlic clove, crushed
1 long red chilli, sliced
1 large carrot, cut into thin batons
100g green beans, sliced
1 bunch broccolini, cut into florets
Crushed peanuts, Thai basil & lime wedges, to serve

1 Place noodles in a large heat-proof bowl. Cover with boiling water and set aside to soak for 3 minutes or until softened. Drain.

2 Combine soy sauce, lime juice and honey in a small bowl, set aside.

3 Heat a large wok over a high heat, lightly spray with oil. Stir-fry the chicken for 2 minutes or until golden. Transfer to a plate.

4 Reheat wok over high heat, spray with a little more oil. Add onion and carrot and stir-fry for 2 minutes. Add garlic and chilli and stir-fry for 30 seconds or until fragrant. Add beans and broccolini, stir fry for 2 minutes or until almost tender. Return chicken to wok with noodles and combined sauce, stir fry until heated through.

5 Serve sprinkled with peanuts, basil and a wedge of lime.