

Coverys Virtual Class

Contact: Ariel Crohn

Email: acrohn@coverys.com

Date: December 8, 2020

Pad Thai

Servings: 2 servings

- 4 oz Thai rice noodles cooked
- 6 oz boneless skinless chicken breasts sliced into small strips
- 8 shrimp P&D
- 1 Tbsp vegetable oil
- 2 tbsp packed dark-brown sugar
- 2 tbsp soy sauce
- 1 Tbsp rice vinegar
- 1/2 Tbsp lime juice
- 1/2 Tbsp fish sauce
- 1/4 red bell pepper, sliced into thin strips and strips halved
- 3/4 cup matchstick carrots
- 1 clove garlic
- 2 green onions, whites minced, greens sliced into 1-inch pieces
- 1 cup bean sprouts
- 2 large eggs
- 1/4 cup unsalted peanuts, chopped
- 1/4 cup cilantro, chopped
- Red pepper flakes and sesame seeds

Instructions

1. Prepare rice noodles according to directions listed on package. In a mixing bowl, whisk together brown sugar, soy sauce, rice vinegar, lime juice and fish sauce, set aside.
2. Heat oil in a wok and over medium-high heat.
3. Add chicken and cook until cooked through, about 6 minutes. Remove from pan.
4. Add shrimp and cook until just done. Remove from pan.
5. Add additional oil to pan and add bell pepper and carrots and cook 1 - 2 minutes then add garlic, green onions and bean sprouts saute 1 minute longer.
6. Push veggies to edges of pan and crack eggs into center. Cook and scramble until eggs have cooked through. Add in chicken, shrimp, noodles and sauce and toss everything together and cook 1 - 2 minutes.
7. Serve warm topped with cilantro, peanuts and optional red pepper flakes and sesame seeds.

Recipe Notes

8. If you like it extra saucy you can double the sauce mixture. I recommend this.
9. For a creamy, peanuty sauce you can add 2 Tbsp peanut butter to mixture.
10. If you can't find bean sprouts they can be omitted or you can replace with napa cabbage.

Coverys Virtual Class

Contact: Ariel Crohn

Email: acrohn@coverys.com

Date: December 8, 2020

Equipment needed:

- Wok or saute pan
- Spatula
- Mixing bowl
- Measuring spoons and cup
- Cutting board
- Knife

Pre preparation to do prior to class:

- Pre-measure ingredients
- Pre-cut veggies
- Shrimp thawed and cleaned
- Chicken cut up and ready