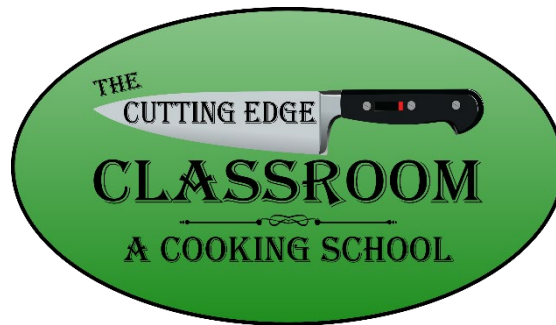


Class Date and Time: 2/24/2021, 12PM-1:30PM

Contact Person/Company: AARP

Contact Phone Number: 865-237-5681

Contact Email: tmatthews@aarp.org



## Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

### The Menu Authentic Pad Thai

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## Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

### Proteins

- ✓ 6 oz bnl sknl chicken breast
- ✓ 8 shrimp P&D

### Produce

- ✓ ¼ red bell pepper sliced into 1 inch long strips
- ✓ ¾ cup carrots cut into matchsticks
- ✓ 1 clove garlic minced
- ✓ 2 green onions sliced thin
- ✓ 1 cup bean sprouts or napa cabbage sliced thin
- ✓ ¼ cup cilantro chopped

### Dairy

- ✓ 2 large eggs

### Pantry Items

- ✓ 1 tbsp veg oil
- ✓ 4 tbsp brown sugar
- ✓ 4 tbsp soy sauce
- ✓ 2 tbsp rice vinegar
- ✓ 1 tbsp lime juice
- ✓ 1 tbsp fish sauce
- ✓ Red pepper flakes to taste
- ✓ Sesame seeds for garnish

### Dry/Canned Goods

- ✓ 4 oz Thai rice noodles cooked
- ✓ ¼ cup peanuts chopped

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## **Equipment Needed**

**Below is a list of tools you'll need to make the recipes in this packet.**

### **Cutlery**

- ✓ **Chef Knife and cutting board**
- ✓ **Paring knife**

### **Hand Tools/Gadgets**

- ✓ **Veg peeler**
- ✓ **Spatula or wood spoon**
- ✓ **Tongs**

### **Cookware**

- ✓ **Wok or saute pan**

### **Appliances**

- ✓ **Stove**

### **Bakeware**

**N/A**

### **Other**

- ✓ **Serving bowl**

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### **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along
- It is helpful to organize the ingredients by recipe on rimmed baking sheets if possible
- Please pre-measure ingredients
- We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor

### **Notes:**

- At the end of this class you will have pad Thai for 2!
- Storing or freezing: Store in fridge up to 7 days.

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### **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.
2. Prepare the sauce: In a mixing bowl, whisk together brown sugar, soy sauce, rice vinegar, lime juice and fish sauce, set aside.
3. Heat oil in a wok and over medium-high heat.
4. Add chicken and cook until cooked through, about 6 minutes. Remove from pan.
5. Add shrimp and cook until just done. Remove from pan.
6. 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.
7. 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.
8. Serve warm topped with cilantro, peanuts and optional red pepper flakes and sesame seeds.

### Recipe Notes

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

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