

Phad Thai

Season: Winter/spring

Type: Thai food

Difficulty: Easy

Serves: 4-6

Fresh from the garden: coriander, garlic, spring onions, tomato, bok choy, lime



Equipment:	Ingredients:
Chopping boards	1 packet dried thin flat rice noodles
Chopping board mats	2 tablespoons brown sugar
Mortar and pestle	1 bunch coriander
Knives	3 cloves garlic
Frying pan	1 teaspoon whole white pepper
Large bowl	2 spring onions, sliced
Wooden spoon	Pinch chilli powder
Serving plates	4 tablespoons tomato
	200g bean sprouts, bok choy, or cabbage
	2 tablespoons fish sauce
	1 lime (or 1 tablespoon of lime juice)
	Veg oil

Method:

- Soak noodles in cold water until soft (about 30mins)
- In a mortar, pound together 1/2 bunch coriander roots, white pepper, whole garlic cloves with a splash of fish sauce.
- Heat a frying pan with a little oil
- Fry the coriander and garlic mix quickly in the oil.
- Add the noodles and toss.
- Fry on high heat for a few minutes, tomato, pinch of chilli powder, then bean sprouts and spring onions.
- Squeeze the lime juice over and add the fish sauce and lastly toss in the roughly chopped coriander.
- Adjust to taste with seasoning. (sugar, fish sauce and lime juice)
- Pile onto serving plate.