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| Food Studies 11/12 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_BCCS Block: \_\_\_\_\_\_\_\_\_\_ |

**Chicken Pad Thai (1 recipe per unit)**

Ingredients

250g flat rice noodles

60g chicken breast OR shrimp

50 mL tofu

1 carrot

30 mL bean sprouts

30 mL lime juice

30 mL soy sauce

20 mL fresh grated ginger

2 mL chilli sauce

15 mL oil

1 garlic clove, minced

2 green onions

15 mL cilantro

15 mL chopped toasted peanuts (optional)

Method:

1. Soak noodles in hot water for 20 minutes or until soft. Drain and reserve.
2. Cut chicken into thin strips and place win a bowl.
3. Trim the bean sprouts if needed. Julienne the carrots. Put into a small bowl.
4. In a separate bowl, stir together lime juice, soy sauce, ginger, and chilli sauce.
5. Drain the tofu and cut into ½ inch cubes.
6. Heat 15 mL oil in frying pan. Add the tofu and sauté until golden, stirring often. Set aside
7. In a wok, heat over high heat. Stir fry the garlic for 10 seconds and then add the shrimp or chicken and carrots.
8. Stir fry until chicken is no longer pink. Add the noodles and half of the sauce. Stir. Cook until the noodles are heated through.
9. Stir in bean sprouts, green onion, tofu, and remaining sauce. Cook for one minute.
10. Put the food on a dish and garnish with fresh cilantro and peanuts.

Adaptations

\*\* You are using more than 60 grams of chicken so we are omitting the tofu

\*\*At home you can garnish the peanuts but at school we will omit this step