

Pad Thai

Indulge in a little taste of Thai that is great for people with a sensitive gut.

No need to miss out on the things you love and a chance to ditch the expensive takeaways.



Ingredients

Serves 2

- 250g (9oz) dried rice noodles
- 1½ tbsp kecap manis (Indonesian sweet soy sauce)
- 1½ tbsp lime juice
- 1 tbsp Thai fish sauce
- ½ tsp asafoetida
- 1 tbsp water
- 3 tbsp groundnut oil
- 1 bunch of spring onions (green parts only), sliced
- 1 small red chilli, deseeded and chopped
- 125g (4½oz) firm tofu, diced 2 eggs, lightly beaten
- 125g (4½oz) bean sprouts
- 1 tbsp chopped coriander
- 4 tbsp salted peanuts, chopped

Method

Cook the noodles in boiling water for 5 minutes until softened. Drain and immediately refresh under cold water, then drain again and set aside.

In a small bowl, combine the soy sauce, lime juice, fish sauce, asafoetida and measured water, then set aside.

Heat the oil in a wok or large frying pan over a medium heat. Add the spring onions and chilli and stir-fry for 30 seconds, then add the noodles and tofu and stir-fry for 2–3 minutes until heated through.

Carefully push the noodle mixture to the sides of the pan, clearing the centre of the pan. Add the eggs to the centre and heat gently for 1 minute without stirring, then gently start ‘scrambling’ the eggs with a spoon. Bring the noodles back into the centre and stir well until combined with the eggs.

Add the soy sauce mixture and cook for 1 minute, or until heated through. Stir in the bean sprouts and coriander. Spoon into bowls and serve immediately, topped with the peanuts (optional)