



LIFELINE RECIPES

January 2023



This simplified take on this Thai classic makes it easy to shop for and tastes simply delicious!

METHOD

Put the noodles in a large heatproof bowl, pour boiling water over them and leave for 4 minutes, then drain and refresh under cold running water.

Put the lime juice, cayenne, sugar and fish sauce in a bowl and mix well. Have all the other ingredients ready by the cooker.

Heat the oil and fry the prawns until warmed through. Add the spring onions and noodles and toss around. Tip in the lime juice mixture, then stir in the beansprouts and half the peanuts and coriander. Cook for 1 minute until everything is heated through.

Pile into a large dish, scatter with the rest of the peanuts and coriander, and serve with lime wedges and sweet chilli sauce.

TOP TIP - If there are two thicknesses of noodle available in your local shop, go for the thicker ones for this recipe.



GREENMILL
IN STOCK ON SITE ON TIME

EASY PAD THAI

PREPERATION TIME:

5 mins

COOKING TIME:

25 mins

SERVES:

2-3

INGREDIENTS

125g (half a 250g pack) rice noodles

3 tbsp lime juice about 2 limes

½ tsp cayenne pepper

2 tsp light muscovado sugar

2 tbsp fish sauce

2 tbsp vegetable oil

200g cooked and peeled tiger prawn, tails left on

4 spring onions, sliced

140g beansprout

25g salted peanut, finely chopped

a small handful of coriander leaves

TO SERVE

1 or 2 lime, cut into wedges

sweet chilli sauce