

Pad Thai

Asian stir fry

Serves 2

- 1 tbsp vegetable oil
- 1 onion, chopped
- 2 cloves garlic, chopped or crushed
- 1 level tsp of finely chopped root ginger
- 1 medium carrot, finely sliced
- About 100g broccoli, cut into small pieces
- Half a red pepper, cut into strips
- About 170g vegan chicken style pieces (cook first if not ready to use)
- A handful of finely chopped cabbage or bean sprouts
- ½ tsp chilli flakes
- Soy sauce to taste
- Freshly squeezed juice of half a lime
- 2 spring onions - finely chopped
- 1 tbsp sesame oil - optional
- A handful of toasted cashew nuts or roasted peanuts - optional
- Sesame seeds for garnish - optional
- Vegan rice or wheat noodles, prepared according to the packet



Heat the oil in a wok or large pan and fry the onion over a high heat, stirring constantly. Add the garlic and ginger and cook for a moment.

Add the carrots, again keeping the heat high and moving ingredients around the wok. Add the broccoli and pepper.

Stir fry until the vegetables are softened a little but still have some bite.

Then add the 'chicken' pieces, the chilli flakes, cabbage or beansprouts, soy sauce and lime juice.

Stir in most of the spring onions, reserving some for garnish.

Cook for 5 minutes so that the 'chicken' is warmed, and the cabbage is hot but not soft.

Add the soy sauce and lime juice.

Gently stir in the prepared noodles, adding extra soy sauce if needed. Stir through the sesame oil if using.

Serve in a bowl topped with the spring onions, sesame seeds and cashews or peanuts if using.

TIP Why not vary the vegetables - try baby sweetcorn, green beans and mushrooms.