

Vegetarian Pad Thai

No need to order a takeaway when you can make it in the comfort of your own home!



Ingredients

250g packet of egg noodles
300g frozen Quorn chicken style pieces
125g bean sprouts
1 x packet of spring onions chopped
2 x limes, zest and juice
½ tsp cayenne
3 x large eggs, beaten
Chopped coriander leaves
25g dry roast peanuts
3 tsp oil (ground nut oil is best for flavour)
2 tbsp soy sauce
½ tsp chilli flakes (optional)
1 tbsp brown sugar

Method

1. Add the noodles to a pan of boiling water and cook for 4 minutes. Drain and toss with 1 tsp of oil. Set aside.
2. In a wok, or non-stick pan, cook the Quorn from frozen until golden and cooked through, stirring often. Remove and set aside.
3. Stir fry the spring onions and bean sprouts for 2-3 minutes
4. Add the soy sauce, lime zest and juice, cayenne, chilli and sugar along with the Quorn and noodles. Cook for 2-3 minutes, stirring constantly.
5. Pour in beaten eggs and mix to scramble
6. Serve straight away