



CHLOË BOWLER
complete wellbeing

CHICKEN PAD THAI



Ingredients (Serves 2):

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|----------------------|-------------------------|
| 1. 200g Rice noodles | 6. 2 spring onions |
| 2. 100g Beansprouts | 7. 1 bunch of coriander |
| 3. 2 Chicken breasts | 8. 4 chopped tomatoes |
| 4. 3 eggs (beaten) | 9. 1 tsp brown sugar |
| 5. 1 red chilli | 10. 1 tbsp Tamari |

GF, NF

Method:

1. Cook through the chicken in small pieces in a large wok.
2. Add the rice noodles, beansprouts, chopped chilli and chopped tomatoes. Stir in the sugar.
3. Make a well in the middle of the wok, add a little oil then and pour in 3 beaten eggs so they make a mini omelette, then chop into little shreds.
4. Finish with the chopped spring onions, and sprinkle with coriander. Drizzle with Tamari for taste.

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