**Chicken Pad Thai (for 4)**

**Ingredients**

250g flat rice noodles

60g chicken breast

50 mL tofu

1 carrot

30 mL bean sprouts

30 mL lime juice

30 mL soy sauce

20 mL fresh grated ginger

2 mL chilli sauce

15 mL oil

1 garlic clove, minced

2 green onions

15 mL cilantro

15 mL chopped toasted peanuts

¼ lime for garnish

**Method:**

1. Put a large pot of water on to boil. Once it comes to a boil, turn off the heat, add noodles and let them soak until tender (about 5 minutes). Drain noodles in a colander, rinse with cold water and set aside.
2. Cut chicken into thin strips and place win a bowl.
3. Trim the bean sprouts if needed. Julienne the carrots. Put into a small bowl.
4. In a separate bowl, stir together lime juice, soy sauce, ginger, and chilli sauce.
5. Drain the tofu and cut into ½ inch cubes.
6. Heat 15 mL oil in frying pan. Add the tofu and sauté until golden, stirring often. Set aside
7. In a wok, heat over high heat. Stir fry the garlic for 10 seconds and then add the chicken.
8. Stir fry until chicken is no longer pink. Add the carrots and stir fry for 2 more minutes. Add the noodles and half of the sauce. Stir. Cook until the noodles are heated through.
9. Stir in bean sprouts, green onion, tofu, and remaining sauce. Cook for one minute.
10. Put the food on a dish and garnish with fresh cilantro, peanuts and lime.