



Chicken Pad See Ew

Recipe by Chelsea Goodwin



Serves 4



Prep: 15 minutes

Cook: 15 minutes

INGREDIENTS

Main

- 400g dried pad thai noodles
- 1 large bunch gai lan (Chinese broccoli)
- 3 tablespoons vegetable oil
- 4 cloves garlic, crushed
- 4 eggs, beaten

Marinated chicken

- 250-350g chicken breast, thinly sliced
- 2 teaspoons light soy sauce
- 1 teaspoon vegetable oil
- ¼ teaspoon black pepper

Sauce

- 3 tablespoons oyster sauce
- 3 tablespoons dark soy sauce
- 1 tablespoon light soy sauce
- 1 tablespoon fish sauce
- 1½ tablespoons brown sugar

To Serve

- Sliced green onion



Afternoons

with Joel Rheinberger
on 936AM and the ABC listen app





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DIRECTIONS

Prep

1. For the marinated chicken, place all the ingredients into a bowl and mix together. Set aside.
2. For the sauce, mix ingredients together in a bowl or jug.
3. Place dried noodles in a large bowl and cover with boiling water. Let them soften for about 10 minutes. Check regularly and once they are softened but al dente, drain in a colander. Meanwhile, chop the gai lan stalks into 5 cm pieces and slice the leaves (keep separate).

Cook

1. Heat a wok or large frying pan over high heat then add 1 tablespoon oil. When oil is hot, add chicken and spread over the bottom of the pan. Allow it to sear for a minute, then stir-fry for another minute or until cooked through. Transfer to a large plate.
2. Add 2 teaspoons oil to the wok, bring the heat back up to high and add garlic and gai lan stems. Stir-fry for 1–2 minutes then add the gai lan leaves and stir-fry for another minute or until wilted.
3. Push the gai lan to the side and tip in the beaten eggs. Let them cook for a few seconds then stir to scramble and mix through the vegetables. Transfer the gai lan and eggs to the plate with the chicken.
4. Bring the wok back up to very high heat then add remaining oil. Give the sauce a quick stir then add the noodles to the wok followed by the sauce. Toss gently for 1–2 minutes, to heat through and caramelise the noodles, coating them with the sauce.
5. Add the chicken, egg and gai lan back into the pan. Stir gently to coat all of the ingredients with the sauce. Stir-fry for another couple of minutes to heat through. Serve immediately, garnished with green onions and a squeeze of fresh lime if using.



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