



## PAD SEE EW

Preparation Time: 10 minutes

Cooking Time: 15 minutes

### Ingredients:

1 large garlic clove chopped  
10 slices of chicken breast  
1 egg  
Small bowl of Kale  
1 carrot sliced  
5 strips Thick Rice noodles  
1 tbsp dark soy sauce

1 tbsp soy sauce  
1 tbsp oyster sauce  
1 tsp white sugar  
1 tsp ground white pepper

### *Cooking Instructions:*

1. Add 2 tbsp of oil to the wok and turn on to medium heat
2. Cook garlic until golden brown taking care not to burn it
3. Add chicken strips and stir until cooked
4. Move this to side of the wok and add an egg
5. Stir egg whilst cooking - ensure fully cooked
6. Add kale and carrot
7. Add 2 large tbsp of water to cook the vegetables
8. Stir occasionally
9. Cook until vegetables are soft and then move to one side
10. Add rice noodles and mix with the wok juices
11. Add dark soy sauce to noodles and mix until dark brown
12. Keep stirring, then add light soy sauce, oyster sauce, sugar and stir
13. Combine all ingredients in wok
14. Add ground white pepper and stir
15. Taste and add additional soy or oyster sauce as required
16. Turn off heat
17. Serve