



## Pad Thai with Fresh Basil

### Ingredients

4 chicken breasts, cut into 1cm dice or diced Quorn  
12 sugar snap peas  
25g fresh ginger peeled and grated  
2 cloves garlic crushed and peeled  
4 spring onion sliced thinly  
1 small red onion  
1 small red pepper  
1 small yellow pepper  
150ml/5½fl oz low fat coconut milk  
A pinch of chilli flakes(optional)  
4 tbsp light soy sauce  
35g ripped fresh basil leaves  
½ tsp turmeric  
150g dried medium noodles soaked in hot water with half teaspoon turmeric  
(This dish can also be served with rice instead of noodles)

### Method

1. Place the chicken breast pieces, 2 tbls soy sauce, ginger, half of the coconut milk, garlic clove and chilli flakes into a large bowl. Stir, mix, fold and marinade the ingredients together. Leave to stand for 10 minutes.
2. Heat 2 tbsp water in a large deep frying pan or wok over a high heat and wait for the steam Add the marinated chicken pieces and stir-fry on a low heat for 4-5 minutes.
3. Add the remaining coconut milk, 2tbls soy sauce, red onions and stir for a further one minute on a lower heat, until the chicken is cooked through.
4. Add the spring onion, yellow pepper, red pepper, sugar snap peas and cook for a further one minute. Add the fresh basil and stir through the soaked noodles.
5. Serve into the centre of a large plate or bowl..Enjoy