

Beef Pad See Ew with Fresh Chilli

It's time to learn how to master that favourite of Thai takeaway menus everywhere: Pad See Ew. For the perfect result, make sure your wok is searing hot before adding the beef strips. Don't be afraid to only cook the veg for a few minutes either - a little bite to them is definitely what you want here.



Prep: 20 mins **Cook:** 15 mins **Total:** 35 mins





high protein







Soy Sauce



Rice Stick Noodles



Beef Strips



Carrot



Spring Onions



Ginger



Garlic



Long Red Chilli



Asian Greens



Kecap Manis



Lime

2P	4P	Ingredients	
⅓ packet	⅔ packet	rice stick noodles	
1 tbs	2 tbs	vegetable oil *	
300 g	600 g	beef strips	
1	2	carrot, peeled & cut into matchsticks	
1 bunch	2 bunches	Asian greens, trimmed	
1 bunch	2 bunches	spring onions, cut into 2 cm lengths	
1 knob	2 knobs	ginger, peeled & finely grated	
1 clove	2 cloves	garlic, peeled & crushed	1
1/2	1	long red chilli, finely sliced	#
1 tbs	2 tbs	salt-reduced soy sauce *	
2 tbs	4 tbs	kecap manis (recommended amount)	
1	2	lime, juiced	

Ingredient features in another recipe

Pantry Items

Pre-preparation

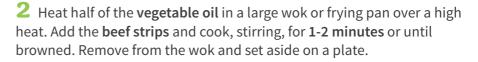
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Energy	2690	Kj
Protein	40.7	g
Fat, total	14.6	g
-saturated	4.1	g
Carbohydrate	82.8	g
-sugars	26.2	g
Sodium	933	mg



You will need: chef's knife, chopping board, vegetable peeler, fine grater, garlic crusher, tongs, colander, plate, medium saucepan and a large wok or frying pan.

1 Cook the **rice stick noodles** according to the packet directions. Drain and set aside.



3 Add the remaining vegetable oil to the wok and place back over a high heat. Add the carrot, Asian greens, spring onions, ginger, garlic and the long red chilli and stir fry for 1-2 minutes or until fragrant. Return the beef to the pan with the salt-reduced soy sauce and kecap manis. Stir fry for 1-2 minutes or until the greens have wilted. Add the rice noodles and toss to coat really well in the sauce. Add the lime juice and remove from the heat.



4 To serve, divide the pad see ew between bowls.



Did you know? Australians enjoy approximately 18 million kilograms of noodles every year!