



Pad Thai is perhaps the most famous Thai dish, known outside Thailand. However, many people don't know that authentic Pad Thai doesn't contain tamarind, being originally brought to Thailand by the Chinese. This Pad Thai recipe is utmost simple and if you are based in a region, where Asian spices and food ingredients are difficult to find, this Pad Thai recipe will be easy for you to make. Let us see its preparation!

Ingredients:

250 gm (9 oz) Pad Thai rice noodles
1 boneless chicken breast or 1 to 2 chicken thighs, made into small pieces
10 to 12 medium-sized shrimp, cleared off shells
1 to 2 fresh green or red chilies, made into fine slices
1 egg
2 to 3 tbsp vegetable oil to stir-fry
1.5 tbsp soy sauce
1/3 cup of dry roasted peanuts (unsalted), chopped or ground
2 to 3 cups of bean sprouts
1 tsp galangal or ginger, grated
3 to 4 garlic cloves, minced
4 green onions, slice them and separate green part from white
Lime wedges for serving

Ingredients for Pad Thai Sauce:

1/3 cup of delicious chicken stock
1 tbsp lime juice
3 tbsp white vinegar or rice vinegar
3 to 4 tbsp brown sugar
1 tbsp soy sauce
2 tbsp fish sauce
1/8 tsp white pepper
1/4 tsp cayenne pepper

Method:



Take chicken pieces in a bowl and add 1.5 tbsp soy sauce. Keep aside. Mix all the ingredients for Pad Thai Sauce together and stir well to dissolve sugar. Keep this aside too.

Bring water to boil in a large pot. Add the Pad Thai rice noodles and switch off the flame. Let the noodles get soaked for about 6 minutes. You can test them by checking if they are soft enough to get bent easily, but not fully cooked and so, firm. This is a very important step in making good Pad Thai. Noodles should be cooked fully, later when you stir-fry them.

Drain the noodles and rinse them quickly with cold water so that they don't stick to each other. Keep them aside too.

Keep a wok or a large pan on medium flame and drizzle oil in it and swirl around. Add garlic, galangal or ginger, chili and the white portion of onion. Stir-fry for a minute.

Add the marinated chicken to this and stir-fry for a couple of minutes. Add shrimp and keep on stir-frying till the chicken turns opaque and shrimp turn pink. This takes about 2 to 3 minutes. Now the pan will become dry. Add 1 or 2 tbsp of Pad Thai sauce, just enough to allow the ingredients get fried nicely.

Using a spatula, push and keep all these ingredients to a side of the pan. If the pan is fully dry, sprinkle a bit of oil. Now crack an egg at pan's center and stir-fry fast to scramble. Add noodles and 3 to 4 tbsp of Pad Thai sauce. Use two spatulas to lift and twirl the noodles to stir-fry with the rest of the ingredients. Continue this and keep on adding sauce every minute, till all the sauce is added and the noodles become chewy and juicy and a bit sticky. This takes about 8 to 10 minutes.

Add the sprouted beans and quickly let them be cooked within the noodle mishmash for a minute, so that they become soft with the heat, and at the same time remain crisp. Remove from flame and go on adding fish sauce till the desired flavor is achieved. Usually 1 to 2 tbsp fish sauce makes it wonderful.



Take out in dishes and decorate with lemon wedges and green onion topping and a small pile of ground or chopped peanuts, alongside.

Tip:

If you are on gluten-free diet, you can use wheat-free soy sauce.