

Pad Thai noodles

Ingredients

Flat rice noodles

Zucchini – diced

Capsicum – diced

Spring onions – finely chopped

Carrots – grated

Bok choy – finely chopped

Mushrooms – finely sliced

2 tablespoons oil

1 egg, beaten

½ cup coriander and Thai basil – chopped finely

What to do

1 tablespoon brown sugar

3 tablespoons vegetable broth

1 tablespoons rice wine vinegar

4 tablespoons soy sauce

1 teaspoon chilli paste

What to do

1. Soak the noodles in to boiling water for 1 minute. Drain well.
2. Mix sauce in to a bowl.
3. Heat a tablespoon of oil over medium high heat. Add the veggies – stir fry for 2-3 minutes until tender but still crisp.
4. Be careful not to overcook them – they'll get soggy and heavy. Transfer to a dish and set aside.
5. Add another tablespoon of oil to the pan. Add the noodles to the hot pan and stir fry for a minute, using tongs to toss.
6. Add the sauce and stir fry for another minute or two, until the sauce is starting to thicken and stick to the noodles.

7. Pour the beaten egg into the pan and let it sit for 30 seconds or so. Toss everything around with the tongs. The egg mixture will stick to the noodles and everything will start getting sticky.
8. Add in the vegetables, toss together, and remove from heat.
9. Add herbs and serve immediately.