



One-pan prawn pad Thai

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g vermicelli
- ☐ 200 g shrimp raw peeled
- ☐ 1 tsp ginger grated finely chopped
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 4 eggs beaten
- ☐ 100 g bean sprouts
- ☐ 4 small baby bok choy shredded
- ☐ 6 spring onion thinly sliced

- ☐ 1 tsp soya sauce
- ☐ 4 servings chilli sauce sweet

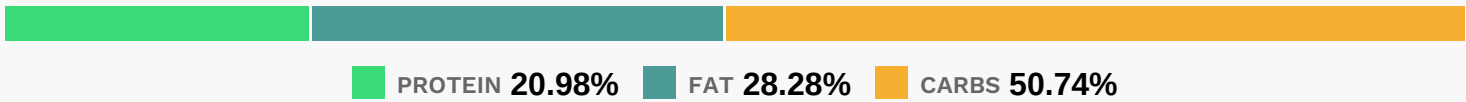
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ Pour a kettleful of boiling water over the noodles and cover for 10 mins. Meanwhile, mix together the prawns and ginger.
- ☐ Heat 1 tsp oil in a large non-stick frying pan and stir-fry the gingery prawns over a high heat for 2 mins until pink. Tip into a bowl. Return the pan to the heat and add another tbsp oil. When hot, pour in the beaten eggs, spreading out to form an even layer. Cook until set, then lift out of the pan, roughly shred with a knife and set aside.
- ☐ Drain the noodles.
- ☐ Heat the remaining oil in the pan and stir-fry the beansprouts, bok choy and spring onions for 2 mins or until the bok choy softens. Return the prawns, noodles, eggs and soy sauce to the pan, tossing to combine.
- ☐ Serve immediately with sweet chilli sauce and prawn crackers, if you like.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:23.97, Inflammation Score:-10, Nutrition Score:20.389130343562%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 380.61kcal (19.03%), Fat: 11.81g (18.17%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 44.79g (16.29%), Sugar: 3.26g (3.62%), Cholesterol: 244.18mg (81.39%), Sodium: 384.67mg (16.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.71g (39.42%), Vitamin A: 5450.81IU (109.02%), Vitamin C: 57.56mg (69.77%), Vitamin K: 46.02µg (43.83%), Selenium: 21.33µg (30.47%), Phosphorus: 292.9mg (29.29%), Vitamin E: 3.46mg (23.09%), Calcium: 206.53mg (20.65%), Manganese: 0.36mg (18.11%), Copper: 0.33mg (16.26%), Iron: 2.73mg (15.15%), Vitamin B2: 0.26mg (15.14%), Folate: 49.28µg (12.32%), Zinc: 1.79mg (11.92%), Fiber: 2.88g (11.5%), Magnesium: 38.44mg (9.61%), Potassium: 299.9mg (8.57%), Vitamin B5: 0.82mg (8.15%), Vitamin B12: 0.39µg (6.53%), Vitamin B6: 0.12mg (5.95%), Vitamin D: 0.88µg (5.87%), Vitamin B1: 0.06mg (4.33%), Vitamin B3: 0.49mg (2.44%)