

# Chicken Pad Thai

*Recipe makes 6 meals*

## Ingredients

2 lbs Boneless Skinless Chicken Breast, chopped  
12 oz Rice Noodles, dry  
3 Eggs, scrambled  
1 Shallot, chopped  
1 C Garlic Chives, chopped  
1 C Tamarind Concentrate  
1/2 C Bean Sprouts  
3 Tbsp Fish Sauce  
3 Tbsp Palm (or Brown) Sugar  
2 Tbsp Peanuts, chopped  
2 Tbsp Cooking Oil  
1 Tbsp Rice Vinegar  
1 Tbsp Lime Juice  
1 Tbsp Minced Garlic  
1 Tbsp Less Sodium Soy Sauce  
Salt and Pepper to taste

\*See notes page for item substitutions



## Nutrition Profile

*- per meal -*

Calories - 492

Fat - 10g

Carbohydrates - 59g

Protein - 37g

**Estimated Cost  
Per Meal**

**\$3.25**

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# Instructions

1. Start by filling a large mixing bowl with hot water and soaking your rice noodles according to the instructions on the package. When they are soft, strain and set aside.
2. For your sauce, in a bowl add 1 cup tamarind concentrate, 3 Tbsp palm sugar (or brown sugar if don't have palm sugar), 3 Tbsp fish sauce, 1 Tbsp rice vinegar, and 1 Tbsp lime juice. Mix until sugar dissolves. If it clumps up, you can pop it in the microwave for about 30-60 seconds to heat the liquid and it should dissolve. Depending on the type of tamarind concentrate you use, you may need to adjust the ingredient measurements. If your sauce is too bitter, add a little more sugar. Alternatively you can add a little water or chicken broth to dilute it a little. Doing this will yield more sauce to the dish. When you get the right balance in your sauce, set it aside.
3. Chop your chicken, chives, shallot, garlic, and peanuts and set those aside.
4. In a very large skillet or wok, heat 1 Tbsp of cooking oil over medium-high heat and start cooking your chicken. Add in 1 Tbsp of soy sauce and a little salt and pepper. Once the chicken is cooked through, remove it from the pan. Return the empty pan to the stove and reduce the heat to medium.
5. Add 1 Tbsp of cooking oil to the skillet or wok and then add in your chopped shallot and garlic. Cook for about 30 seconds then pour in your sauce. Cook for 2-3 minutes then add your strained rice noodles. Stir until the sauce is absorbed by the noodles.
6. Move your noodles to the side and add in your scrambled eggs. Scramble until cooked through, then mix in with your noodles. Add in your bean sprouts and chives, and mix.
7. Once your chives start to wilt, add your cooked chicken back in, along with your chopped peanuts. Mix everything together, taste, and add salt and pepper to preference.
8. Portion out into your meal containers and enjoy!



# Notes

- I understand that everybody may not have access to a local Asian market, or grocery store that sells things like tamarind concentrate and garlic chives. If you cannot find tamarind concentrate, I highly recommend checking online. They do have it available on Amazon. If you do not want to purchase online, there are a few websites that have instructions for substitutions. Simply find one that you think fits your preference and go with that. As for the garlic chives, you can use green onions or regular chives and it will not change the flavor too much.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.