



# Pad See Ew - Thai Stir Fried Noodles

Yield: 3 people | Rating: 5/5 | Prep: 8 min | Cook: 10 min | Source: #ParlezPantry

The name of the dish translates to "fried with soy sauce". Variations of the dish can be found in other countries as well. It is very similar to the char kway teow of Malaysia and Singapore and to Cantonese chow fun. It is also similar to rat na (in Thai) or lard na (in Laos).

## Ingredients

### Noodles:

- 200 g dried wide rice stick noodles (or 450g fresh wide flat rice noodles)

### Sauce:

- 2 tbsp sauce (soy, dark)
- 2 tbsp sauce (oyster)
- 2 tsp sauce (soy, light)
- 2 tsp vinegar (white)
- 2 tsp sugar
- 2 tbsp water

### Stir fry:

- 3 tbsp oil (peanut or vegetable)
- 2 garlic cloves (minced)
- 5 oz chicken thighs (boneless, skinless, slithers)
- 1 egg (large)
- 4 broccoli (stems, Chinese)

## Notes

Ensure you cook the chicken separately from the noodles. A home stove is no match for the fierce heat of a restaurant or street vendor burners. You have to cook them separately to get the required caramelisation on the noodles which is absolutely key for an authentic flavour.

If you don't heed this advice then your noodles will just stew and the dish will lack overall flavour!



## Instructions

1. Trim the ends of the broccoli, cut into 3" pieces. Separate the leaves from the stems. Cut any thick stems in half vertically so they're no wider than 0.3" thick.
2. Prepare the noodles according to packet directions and drain. Time it so they're only just cooked prior to using, if you leave cooked rice noodles lying around, they'll break in the wok.
3. Mix the sauce ingredients until the sugar dissolves.
4. Heat 1 tbsp oil in a large heavy based skillet or wok over a high heat.
5. Add the garlic and cook for 15 seconds, then add the chicken, cook until it mostly changes from pink to white.
6. Add the broccoli stems and cook until the chicken is almost cooked through completely. Add Chinese broccoli leaves, cook briskly up the point of wilting.
7. Create space in the pan by pushing everything to one side, crack the egg in and scramble.
8. Remove the chicken with tongs and place on a plate, then remove everything from the wok onto the plate whilst scraping wok clean.
9. Return the wok to stove, heat 2 tbsp oil over a high heat just until it starts smoking. It is very important that this gets very hot here. Add the noodles and the sauce. Toss a few times as possible to disperse the sauce and make the edges of the noodles caramelize, circa 1 minute.
10. Quickly add the chicken and vegetables back to the wok, and toss to disperse. Serve immediately!