



SHRIMP PAD SEE EW

with Ginger Peas and Thai Basil

FAMILY



HELLO

THAI BASIL

Thai basil is heartier and more intensely flavoured than its Italian cousin

TIME: 35 MIN



Shrimp



Green Peas



Chow Mein Noodles



Peanuts, chopped



Shallot



Thai Basil



Garlic



Oyster-Soy Sauce



Ginger

BUST OUT

- Large Pot
- Zester
- Strainer
- Garlic Press
- Measuring Spoons
- Large Non-Stick Pan
- Measuring Cups
- Salt and Pepper
- Small Bowl
- Olive or Canola Oil
- Paper Towel
- Sugar (½ tsp)

INGREDIENTS

4-person

- Shrimp 10 570 g
- Green Peas 227 g
- Chow Mein Noodles 1 400 g
- Peanuts, chopped 7 56 g
- Shallot 50 g
- Thai Basil 7 g
- Garlic 6 g
- Oyster-Soy Sauce 1,4,9,11 6 tbsp
- Ginger 30 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic



1 PREP Wash and dry all produce.* Peel, then mince or grate **garlic**. Peel, then finely grate **1 tbsp ginger**. Peel, then cut **shallot** into ¼-inch slices. Thinly slice **basil leaves**. In a large pot, add **10 cups hot water**. Cover and bring to a boil over high heat.



4 COOK SHRIMP To the same pan, add another **1 tbsp oil**, then **shrimp, garlic and ginger**. Cook, stirring occasionally, until **shrimp** just turns pink, 3-4 min. (**TIP:** Cook to a min. internal temp of 74°C/165°F.**) Season with **salt and pepper**.



2 TOAST PEANUTS Meanwhile, using a strainer, drain and rinse **shrimp**, then pat dry with paper towel. Set aside. Heat a large non-stick pan over medium-high heat. When hot, add **peanuts** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer **peanuts** to a plate.



5 ASSEMBLE STIR-FRY To the pan with **shrimp**, add **noodles, cooked veggies, oyster-soy sauce, ½ tsp sugar and ½ cup water**. Gently stir together until warmed through, 1-2 min.



3 COOK VEGGIES Using the same pan, decrease the heat to medium. Add **1 tbsp oil**, then **shallots and green peas**. Cook, stirring occasionally, until tender, 4-5 min. Season with **salt and pepper**. Meanwhile, to **boiling water**, add **noodles**. Cook, uncovered, until tender, 1-2 min. Drain and set aside. When **veggies** are done, transfer to a plate and set aside.



6 FINISH AND SERVE Divide **shrimp pad see ew** between bowls. Sprinkle with **basil leaves and peanuts**.

AROY DEE!

That means 'delicious' in Thai!