



Royal  
Botanic Garden  
Edinburgh

## Botanic Cottage Community Cook Club Early May 2021

### A delicious supper

#### Prawn and Asparagus Pad Thai

Pad Thai is a noodle dish from Thailand and I'm afraid this is not an authentic version! However the combination of fish sauce, lime, chilli and chopped nuts borrows from a classic Pad Thai and I'm a huge fan of this version. If you prefer you can make this with diced chicken instead of prawns, follow the recipe in the same way but be sure to cook the chicken thoroughly before adding the other ingredients.

If you haven't cooked with fish sauce before then you may find the smell a little alarming. It is essential in so many Thai dishes though and really adds to the flavour. It tastes better than it smells, promise! This dish will still taste great if you don't have any.

As ever, please be very careful chopping chillies!



#### Ingredients

4 spring onions, thinly sliced  
1 red chilli, very finely chopped  
3 cloves garlic, peeled and finely chopped.  
2 eggs  
300g prawns (cooked or raw)  
250g asparagus stems  
100g spinach leaves  
2 tbsp fish sauce  
1 tbsp soy sauce  
½ tsp sugar  
Zest and juice of a lime.  
300g rice or egg noodles.  
100g peanuts or cashew nuts  
A handful of coriander, roughly chopped  
Vegetable or rapeseed oil, salt

You will need a wok or large saucepan, a chopping board and knife, two small bowls, a fine grater, a pot and a colander.

Serves 4

### Method

1. First get everything chopped. Stir-fry dishes work better if you can work quickly. Finely chop the spring onions, chilli and garlic. Wash and roughly chop the spinach. Slice the asparagus stems through the middle lengthways to make long strips. Roughly chop the nuts and fresh coriander.
2. Cook the noodles according to the packet instructions and then cool under running water. Drain.
3. Zest the lime and squeeze the juice into a small bowl. Add the fish sauce, soy sauce and sugar. This will be the sauce you add later.
4. Break the eggs into the second bowl and lightly whisk with a fork.
5. Heat a splash of oil in your wok and then add the eggs to make a flat omelette. After a minute or so flip over. When cooked remove from the pan and chop into thin slices.
6. Remove the wok to the heat and add another splash of oil. Add the chopped onions, garlic and chilli and cook gently for a minute being careful not to burn them.
7. Add the prawns to the pan and cook, stirring constantly for 1 minute for cooked prawns or until going pink for raw prawns.
8. Add the asparagus and keep stirring for another minute. Add the spinach and cook until wilted.
9. Add the noodles, cooked egg and your sauce (from step 3) and quickly mix together for a minute until everything is hot and combined. Check the prawns are cooked through.
10. Scatter the coriander and chopped nuts over the top and serve immediately.