

Healthy chicken pad thai

INGREDIENTS

(Serves 1)

- 50g fresh rice noodles
- 5ml olive oil
- 5g brown sugar
- 150g skinless chicken breast, cut into 4cm pieces
- 1tsp garlic powder
- 50g fresh bean sprouts
- 2 spring onions, finely sliced
- Juice of half lime , plus a wedge to serve
- 10ml light soy sauce
- 10ml fish sauce
- 1 red chilli, deseeded and finely chopped
- 1 medium egg
- 10g unsalted peanuts, crushed
- Small handful of freshly chopped coriander
- Black pepper



METHOD

1. Half-fill a medium saucepan with water and bring to the boil. Add the noodles and simmer for four to six minutes until tender. Drain and set aside.
2. While the noodles are cooking, put a medium frying pan over a medium heat, then add the oil, brown sugar, chicken and garlic powder. Cook for five minutes.
3. Reduce the heat, then add the bean sprouts, spring onions, lime juice, soy sauce, fish sauce and red chilli, then season with pepper and cook for a further five minutes.
4. Crack in the egg and stir thoroughly for three to four minutes.
5. Plate up the noodles, followed by the chicken mixture, garnishing with the crushed peanuts, lime wedge and chopped coriander.

● The Fitness Chef: Still Tasty by Graeme Tomlinson is published by Ebury Press, priced £16.99

Otherwise known as the Fitness Chef, Graeme Tomlinson is famed on Instagram for his “myth-busting nutrition infographics”.

His new book - Still Tasty - is trying to steer us away from traditional, “confusing” and “forbidding” diet books, in favour of education, finding nutritional balance, and reducing the numbers of calories in your favourite foods so you can eat them regularly but still reach your weight, fitness and health targets.

Surprisingly fun for a cookbook, there are full-on fry-ups, a towering sausage and bacon breakfast roll, and salted caramel porridge for breakfast, a myriad cheese toasts for mains, alongside a coronation chicken baked potato, and pizzas galore, as well as cheesecake and tiramisu for dessert. It’s all rather decadent, despite being slimmed down on the calorie front.

“This pad thai favourite is packed full of flavour,” says Graeme.

“Unfortunately, restaurant versions are usually full of calories, too. But by reducing the sesame oil from 20ml to 5ml and the peanuts from 30g to 10g, you can still enjoy the classic textures and taste of pad thai while saving 238 calories.”

