



Look for regular rotations to the menu for new and seasonal meal choices.



All ingredients included! See details on back of package.

Met Meal Kits are made in our kitchen with the freshest ingredients for a fun and easy way to prepare dinner. We've developed meals that are ready in about 15-30 minutes to help accommodate your busy schedule.

We've included everything you need, no need to pull anything from your pantry, and you won't have to worry about wasting any food or ingredients.

Met Meal Kits are ready in a few simple steps, and our chefs have included a few helpful tips and fun facts along the way.

**INGREDIENTS:** Pad Thai Noodles, Pad Thai Sauce, Grilled Chicken Breast, Bean Sprouts, Liquid Egg, Carrots, Red Onion, Sunflower Oil, Unsalted Dry Roasted Peanuts, Lime, Cilantro, Chili Garlic Sauce, Green Onion

**ALLERGENS:** peanuts, wheat, fish, soy, eggs

SERVES 2 | ONE SKILLET MEAL



**TOOLS YOU'LL NEED:**

- Large non-stick skillet
- Heat-safe spatula (recommended)
- Tongs

KEEP REFRIGERATED

At Metropolitan Market, we know there's a lot of packaging in meal kits, and we are always working towards more sustainable practices. Most of the packaging used is either recyclable or compostable.



## DID YOU KNOW?

*Pad Thai is a common street food in Thailand where it is recognized as the national dish. The rice noodle commonly used in this dish was originally created in response to a World War II rice shortage, but remains popular today.*



### 1. PREHEAT SKILLET + PREPARE

- Preheat skillet on medium-high heat.
- Meanwhile, prepare to stir fry, remove the lids from all containers and line them up for easy access.

**PRO TIP:** A preheated skillet will cook food faster and more evenly without drying it out.



### 2. COOK VEGETABLES

- Pour carrot/red onion with oil into the preheated skillet.
- Stir fry 2-3 minutes until onions are translucent.



### 3. HEAT CHICKEN

- Push the vegetables to one side of the skillet.
- Add **cooked chicken breast** to the other side and heat for 1 minute, then mix together.

**PRO TIP:** Pushing the ingredients to one side of the skillet creates more surface area to heat the food, resulting in a quicker stir fry.



### 4. FRY NOODLES

- Turn the heat up to high.
- Push ingredients to one side of the skillet, then add **rice noodles** to the empty side.
- Cook 1-2 minutes, then mix together.



### 5. SCRAMBLE EGG

- Push the ingredients to one side of the skillet, and pour the **beaten egg** into the empty side.
- Use a spatula to scramble the egg until almost cooked, then mix to combine with other ingredients.



### 6. ADD SAUCE + FINISH

- Add the **bean sprout/green onion mix** and **Pad Thai sauce** all at once.
- Cook an additional 20 seconds and toss together with tongs or a spatula. Remove from heat.
- Noodles should be soft, translucent, and coated in sauce.

**PRO TIP:** Bean sprouts are added last so that they maintain their crunch.



### 7. PLATE + GARNISH

- Divide the Pad Thai between 2 plates.
- Sprinkle **toasted peanuts** over the top.
- Garnish with whole **cilantro** sprigs.
- Squeeze **lime wedge** over the top.

**CHEF'S HACK:** A squeeze of citrus will brighten any dish.