



This recipe is used by women and girls in the Thailand baking school who have learned cooking as a trade so they can escape the red-light district and provide for their families. Learn more at [worldhelp.net/freedom](http://worldhelp.net/freedom).

## INGREDIENTS

4 oz Rice Noodles  
1 cup Sliced Chicken  
2 Eggs  
2 stalks Kale, chopped  
1 Tbsp Garlic, minced  
1 tsp Regular Soy Sauce  
2 Tbsp Light Soy Sauce  
1/2 Tbsp Palm Sugar  
2 Tbsp Vegetable Oil

## Pad See Ew Chicken (Thai Stir Fried Noodles)

1. Soak noodles in water for 3-5 minutes to soften.
2. Heat oil in wok over medium heat. Then, stir fry garlic until fragrant (about 30 seconds).
3. Add chicken and stir fry until almost cooked through.
4. Add eggs and stir fry until cooked.
5. Add noodles and season with soy sauces and sugar.
6. Stir fry gently to mix all ingredients together.
7. Add kale and mix. Then, remove from heat.
8. Plate and sprinkle with black pepper. Serve immediately.