CULINARYORIGIN / THAILAND

ผัดไทยกุ้งสด

Phat Thai Kung Sot - Stir-fried rice noodles with prawns



Own image (AI-generated)

THA-003 | 2 servings | Difficulty 4/5

Approx. 55 min

Street food / Wok dish / Noodle dish | Thailand · Central Thailand / Bangkok

Planning estimate: approx. 80 min; the archived headline states 55 min. Follow the preparation schedule below.

Editorial plan: up to 45 min soaking plus at least 10 min draining; prepare tamarind, sauce, cooked sprouts and other ingredients in parallel. Allow about 25 min for two individually fried portions, longer if thorough cooking requires it. 80 min is a planning figure, not a cooking trial.

Before you cook

Authenticity and sources

Phat Thai Kung Sot combines rice noodles, fresh shrimp and a sweet, sour and salty tamarind seasoning. Thailand's Ministry of Culture documents the defining ingredients and cultural context, but provides no weighed recipe formula. The quantities and wok sequence here are our editorial home-kitchen version for two separately fried portions. Thai PBS presents Phat Thai with Sen Chan as regional cooking; the linked programme description does not establish gram quantities. This version contains no ketchup.

Timing and preparation

Editorial plan: up to 45 min soaking plus at least 10 min draining; prepare tamarind, sauce, cooked sprouts and other ingredients in parallel. Allow about 25 min for two individually fried portions, longer if thorough cooking requires it. 80 min is a planning figure, not a cooking trial.

Ingredient clarification

Editorially reconciled home-kitchen version. Quantity status and differences from sources are explained in the archive notes. No cooking trial or measured final yields.

Ingredients (metric)

Phat Thai sauce

35 g	Thick tamarind water - **น้ำมะขามเปียก** - nam makham piak; strained tamarind-pulp water, not undiluted concentrate
35 g	Coconut palm sugar or palm sugar - **น้ำตาลมะพร้าว** / **น้ำตาลปี๊บ**; finely chopped
30 ml	Genuine Thai fish sauce - **น้ำปลาแท้** - nam pla
30 ml	Water

Noodles and wok ingredients

160 g	Dried flat rice noodles - **เส้นจันท์** - sen chan; 3-5 mm wide
180 g	Raw medium-sized prawns - Peeled and deveined, tail segment left on
60 g	Firm yellow Thai tofu - **เต้าหู้เหลือง**; cut into 5 mm-wide sticks
20 g	Small dried shrimp - Briefly rinsed, dried and roughly chopped
30 g	Sweet preserved radish - **หัวไชโป๊หวาน**; very finely chopped
30 g	Thai shallots - Not sliced too thinly
40 ml	Rice bran oil or groundnut oil - Total allowance for both portions including the egg; no additional oil required
110 g	Hen's egg, without shell - 2 medium eggs
100 g	Mung bean sprouts - Heat thoroughly beforehand and drain; raw weight
30 g	Garlic chives - Cut into 3 cm lengths
45 ml	Water - 30-60 ml, only as needed

To serve

35 g	Unsalted peanuts - Dry-roasted and coarsely crushed
80 g	Mung bean sprouts for serving - Raw weight; heat thoroughly before serving in this home-kitchen version
20 g	Garlic chives - Long pieces
1 piece	Small lime - Cut into wedges
100 g	Banana blossom - **หัวปลี**; finely sliced, optional but traditional
2 g	Roasted Thai chilli powder - Serve separately

Method

01 Soak the noodles in cold water

Completely submerge the Sen Chan noodles in cold water for 30-45 min. They must become pliable while remaining firm in the centre and clearly undercooked. Drain thoroughly for at least 10 min; do not blanch.

02 Cook the three-flavour sauce

Gently heat the tamarind water, palm sugar, fish sauce and 30 ml water just until the sugar dissolves. Reduce lightly for 1-2 min and leave to cool completely.

03 Prepare the ingredients

Cut the additions, beat the eggs and divide the ingredients into two equal portions. Heat both portions of sprouts thoroughly in boiling water beforehand: at least 70 °C for 2 min throughout, then drain. Keep wok and garnish portions separate and continue immediately. Refrigerate raw shrimp until frying and use separate utensils.

04 Cook the shrimp thoroughly

For each portion, spread 10 ml oil in the hot wok. Turn the shrimp until fully cooked, reaching at least 70 °C for 2 min at the thickest point. The former short frying time is not a reliable doneness guarantee. Transfer to a clean plate and immediately continue with the same portion; do not reuse the raw-shrimp plate.

05 Fry the tofu and aromatics

Reserve a few drops for the egg from the remaining 10 ml oil per portion. Add the rest to the wok. Stir-fry the tofu, dried shrimp, shallots and sweet radish for 30-45 sec until fragrant; do not burn the dried shrimp.

06 Cook the noodles in the wok

Add half the drained noodles, increase the heat and loosen them with two wok spatulas. Start by pouring 15 ml water around the edge; add more by the tablespoon only if the noodles are still brittle.

07 Let the sauce absorb

Add half the sauce around the edge of the wok, then keep lifting and turning the noodles for 60-90 sec. They should absorb the sauce completely, look glossy and copper-brown, and retain a springy bite.

08 Set the egg

Push the noodles aside, add the reserved drops of oil to the clear area and pour in half the egg. Let it start setting for about 15-20 sec, then fold through the noodles and continue frying until no liquid egg remains. The initial setting time is not the full cooking time.

09 Add the sprouts and chives

Add half the already heated wok sprouts and short garlic chives. Toss until hot; this step does not rely on cooking raw sprouts in a few seconds.

10 Return the shrimp

Fold in the fully cooked shrimp and heat through again. Check the noodles: springy, neither hard nor mushy. If needed, add a little hot water from the planned allowance. Plate immediately.

11 Serve

Scatter over the peanuts. Serve with the heated garnish sprouts, long garlic chives, lime wedges, optional banana blossom and chilli powder. Eat immediately and fry the second portion just as freshly.

Archivist’s notes

Phat Thai combines Chinese rice-noodle and wok techniques with Thai three-flavour seasoning.

The ministry text describes the dish’s spread during Plaek Phibunsongkhram’s rule. It gives no registration year, so the former 2011 claim is not repeated here as established. Origin and state promotion are separate questions.

Sen Chan names a Thai rice-noodle type associated with Chanthaburi; the name alone establishes neither the manufacturing location nor the historical place of invention. Check the package and soaking instructions.

Never precook the noodles: they should absorb water and sauce only in the wok, becoming springy rather than mushy.

Wash dried shrimp first and fry them over moderate heat; their low moisture content means they burn very quickly.

Hua chai po wan is sweet preserved radish, not a European dill pickle and not Korean yellow danmuji.

Garlic chives have flat leaves; large amounts of spring onion do not provide an equivalent flavour.

The copper-brown colour comes from tamarind, palm sugar, fish sauce and wok heat, not red tomato sauce.

Working tamarind preparation: soften 30 g unsweetened tamarind pulp in 90 ml warm water for about 15 min, work it thoroughly and press through a sieve. Weigh out 35 g for the sauce and use the remainder separately. This is an editorial concentration guide, not a ministry formula. Dilute commercial concentrate according to its manufacturer; do not substitute the same weight of concentrate.

Raw sprouts are a traditional accompaniment. Thorough heating here is an explicitly identified hygiene adjustment for home cooking; washing alone is insufficient. The ingredients remain the same.

Alternatives usable in Europe

Sen Chan → high-quality Thai flat rice noodles of the same width; adjust the soaking time and never precook.

Thai palm sugar → pure Indonesian coconut palm sugar; brown beet sugar has a different aroma.

Yellow Thai tofu → very firm pressed plain tofu; do not use smoked tofu.

Banana blossom may be omitted. Tamarind, fish sauce, palm sugar, preserved radish, dried shrimp and garlic chives are much more important to the dish’s character.

Nutrition

Nutrition not calculated: No reproducible nutrition calculation is documented for this version of phat Thai. The former serving weight of about 460 g is not supported by a recorded final yield. Water absorbed by the noodles, oil and accompaniments actually consumed, tamarind concentration, and the fish sauce, tofu and preserved radish products used affect the result. The recipe still makes two servings. Previous estimates have been archived.

Nutrient	Per 100 g	per serving
Energy	not calculated	not calculated
Protein	not calculated	not calculated
Fat	not calculated	not calculated
Carbohydrate	not calculated	not calculated
Salt	not calculated	not calculated

Documented sources

Sources compared on 19 October 2026. Historical source cards are retained; new references are dated separately.

01 กระทรวงวัฒนธรรม - ผัดไทย

Thai | Accessed 22 July 2026

Open original source

02 Thai PBS Foodwork - ผัดไทยเส้นจันท์

Thai | Accessed 19 October 2026

Open original source

03 BfR - Lebensmittelinfektionen im Privathaushalt

German | Accessed 19 October 2026

Open original source

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