

# VEGETARIAN PAD THAI

**Preparation time:** 20 minutes

**Cooking Time:** 25 minutes

**Serves:** 4



## Ingredients

200g dried rice stick noodles  
3 cloves garlic, peeled and chopped  
2 birds eye chillies, deseeded and chopped (optional)  
3 coriander roots, roughly chopped  
2 tsp peanut oil  
2 eggs, lightly beaten  
1 red onion, finely sliced  
1 tbsp tamarind concentrate  
2 tsp brown sugar  
125g tofu, cut into 2cm pieces  
¼ cup roasted, unsalted peanuts, chopped  
3 cups bean sprouts  
6 shallots (green onions) finely sliced  
2 tbsp reduced salt soy sauce  
1 tbsp lime juice  
1 Lebanese cucumber, cut into matchsticks  
2 tbsp coriander leaves, whole  
1 tbsp mint leaves, whole  
Lime wedges to serve

## Nutritional Information:

Kilojoules 1650 kJ  
Calories 390 cal  
Protein 16 g  
Total fat 12 g  
Saturated fat 2 g  
Carbohydrate 40 g  
Sodium 430 mg  
Potassium 340 mg  
Calcium 160 mg  
Iron 4.5 mg  
Fibre 6 g

## Method

1. Place noodles in a large heatproof bowl, cover with boiling water; stand until just tender, drain.
2. Using a mortar and pestle, or small food processor, crush garlic, chillies and coriander to a paste.
3. Heat 2 teaspoons of the oil in a wok or large frying pan. Pour egg into wok; cook over medium heat, tilting pan, until almost set. Remove omelette from wok; roll tightly, slice thinly. Lightly fry tofu in batches in wok and place to side.
4. Heat remaining oil in wok or frying pan, stir-fry onion until soft but not coloured, add paste, tamarind concentrate, brown sugar, lime juice and tofu. Stir fry for 2 minutes or until fragrant.

5. Add half the nuts, sprouts and shallots; stir fry until sprouts are just wilted.
6. Add noodles, sauce and juice; stir-fry until hot. Remove from heat; sprinkle with omelette, cucumber, coriander, mint and remaining nuts, sprouts and shallots over pad Thai. Serve with lime wedges.

**Tips:**

If tamarind concentrate (also called tamarind paste) is not available, a substitute can be made by blending equal parts dried apricots and lemon juice.

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