Sawadeka! (The Thai greeting for “hello”)
Pad Thai is a national dish of Thailand, combining sweet, sour, salty, and spicy flavors with savory noodles and an added crunch. Let’s tackle this Thai dish and make some deliciously AppeTHAIzing noodles together.

**Ingredients**

**Noodles**
- 3.5 ounces dried wide rice noodles
- ½ cup noodle water
- 1 tablespoon peanut oil
- ¼ block of Tofu package (cubed)
- 1 garlic clove, minced
- 1 shallots, minced
- ¼ red bell pepper, thinly sliced
- 2 large eggs, lightly beaten
- ½ cup fresh bean sprouts, separated

**Pad Thai Sauce**
- ¼ cup fish sauce
- ¼ cup tamarind concentrate
- 2 tablespoons sugar
- ½ cup palm sugar

**Garnishes**
- ½ cup unsalted roasted peanuts, chopped
- ½ lime, cut into small wedges
- ¼ cup fresh cilantro, chopped
- ¼ cup fresh bean sprouts
- red chili flakes (optional)

**Spotlight on Bean Sprouts**
Bean Sprouts are a good source of Vitamin C, essential for healthy skin, hair, and nails. One cup contains ½ - ⅛ of the daily-recommended intake of Vitamin K, which is important for blood clotting and injuries related to blood loss.
### Mise en place: Prepare pad thai sauce

In a small bowl, mix the sauce ingredients in a sauce pan and bring to a boil. Stir to dissolve the sugars (about 3 minutes). Set aside to let it cool to room temperature.

### Step 1: Soak noodles, chop tofu & vegetables

Soak the noodles in cold water for 60 minutes, or warm to hot water for 15 minutes, reserve ½ cup of the liquid. Cube the tofu and pat with paper towel to absorb some liquid; thinly slice the bell pepper, and mince shallots.

### Step 2: Fry tofu & saute vegetables

In a pan over medium-high heat, fry the tofu until golden brown on the edges. Then, cook the garlic and shallots until translucent. Add the bell peppers and saute for a couple minutes.

### Step 3: Add noodles, ½ sauce, scramble eggs

Add the cold-shocked rice noodles into the pan and half of the Pad Thai sauce, stirring and tossing quickly with the spatula to separate the strands.

Push noodles to one side. Add the rest of the oil and cook the eggs, scrambling for 1 minute.

### Step 4: Mix rest of sauce, tofu, & bean sprouts

Add the rest of the Pad Thai sauce and ¼ cup reserved noodle water. Toss tofu and bean sprouts and cook for a few minutes until everything comes together.

### Step 5: Garnish and ENJOY!

Plate and garnish with crushed peanuts, lime wedges, red chili flakes, and cilantro if desired.