Pad Thai

Prep Time: 60 min.  Cook Time: 15 min.  Yield: 4

Pad Thai Sauce (Can make in advance; makes about ½ cup)

- 1/3 cup palm sugar
- 1/4 cup granulated sugar
- 1/4 cup tamarind concentrate
- 1/4 cup fish sauce

1. Mix all the ingredients in a sauce pan
2. Bring to boil
3. Stir to dissolve the sugars. Takes about 3 min.
4. Let cool to room temperature; reserve for cooking.

Ingredients:

- 7oz. MEDIUM-sized flat rice noodles
- 1 Tbsp vegetable oil
- 2 shallots, minced
- 1/3 block of fried extra-firm tofu, cubed
- 3 large shrimp, peeled and deveined
- ½ + ¼ cup of Pad Thai sauce (see above)
- 2 eggs, cracked in a bowl
- 2 Tbsp of crushed dried red chili
- 1/4 cup carrot, sliced thinly
- ¼ cup garlic chives, chopped
- 1 cup of mung bean sprouts, washed
- 4 Tbsp of peanuts, chopped
- 1/2 lime, sliced into 3 wedges

Sauté the Noodles:

1. Soak the noodles in cold water for 60 minutes, or warm to hot water for 15 minutes, reserve ½ cup of the liquid
2. Place pan on burner; turn on the heat to the highest setting.
3. Now add half of the oil to a hot pan. Add shallots and garlic – Sauté on high heat until it softens, about 3min.
4. Add the extra firm tofu. Sauté for 1 min.
5. Add the shrimp to the pan and cook until completely pink, takes about 3 min. Remove them and set aside.
6. Add soaked noodles, half of the Pad Thai sauce, and fry until the noodles soften. Takes 2 min.
7. Push the noodles to one side. Add the rest of the oil, and cook eggs, scrambling for 1 min.
8. Move the noodles on top of the eggs to steam them. Add the rest of the Pad Thai sauce, ¼ cup water, and sprinkle the red chili over top. Let sit for 1 minute as the eggs fully cook.
9. Add the carrots, garlic chives and bean sprouts. Toss altogether and cook for a 2 minutes.
10. Toss everything in the pan together.
11. Plate and garnish with the shrimp, lime wedges, and peanuts.

Total Cost of this meal: $11.19

or

Mung bean sprouts are a good source of Vitamin C - essential for healthy skin, hair, and nails.

1 cup contains 1/3 to 1/4 the daily-recommended intake of Vitamin K – important for blood clotting and injuries related to blood loss.

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