Cooking Healthy, Eating Well

Pad Thai

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

Directions:

Soak Noodles:

➢ 14oz. MEDIUM-sized flat rice noodles
   1. Place in deep bowl, add cold water to cover, wait 60 minutes
   2. Take the noodles out of the water and set aside. Reserve about ½ cup of the soaking water and discard the rest.

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, about 3 min.
   4. Let cool to room temperature; reserve for cooking.

Prepare your mise-en-place:

➢ 1/2 cup vegetable oil
➢ 2 shallots, minced
➢ 2 garlic clove, minced
➢ 2/3 block of fried extra-firm tofu, cubed
➢ 2 Tbsp sweet radish, minced
➢ 6 large shrimp, peeled and deveined
➢ ¼ + ¼ cup of Pad Thai sauce (see above)
➢ ¼ + ¼ cup water (from soaked noodles)
➢ 3 eggs, cracked in a bowl
➢ 2 Tbsp of crushed dried red chili

Total Cost of this meal: $11.19 or $2.37/serving
➢ ½ cup carrot, sliced thinly
➢ 1 bunch, garlic chives, cut into thirds
➢ 3 cups of mung bean sprouts, washed
➢ 4 Tbsp of peanuts, chopped
➢ 1 lime, sliced into 4 wedges

**Sauté the Noodles:**

1. Place pan on burner; turn on the heat to the highest setting.
2. Wait until the pan seems very hot - test by CAREFULLY hovering hand over the center of the pan.
3. Now add the **half of the oil** to a hot pan - the oil should begin to gently ripple but not smoke.
4. Add **shallots** and **garlic** – you should hear a sizzle; move around with a wooden utensil until it softens, about 3min. Do not brown them.
5. Add the **extra firm tofu** and **sweet radish**. Sauté for 1 min.
6. Add the **shrimp** to the pan and sauté until completely pink, takes about 3 min. Once cooked, Remove them from the pan and set aside.
7. Add soaked **noodles**, **half of the Pad Thai sauce**, ¼ **cup water**, and sauté until the noodles become soft; About 2 min.
8. Push the noodles off to one side and add the second **half of the oil**; Add the **eggs** into the oiled pan, scramble and cook for 1 min.
9. Place the noodles on top of the eggs as they cook; Add the second **half of Pad Thai sauce**, ¼ **cup water**, and sprinkle the **red chili** over top. Let sit for 1 minute as the eggs fully cook.
10. Add the **carrots**, and toss with the noodles and egg, cook for a 2 minutes.
11. Add **garlic chives** and **bean sprouts**.
12. Toss everything in the pan together.
13. Plate and garnish with the **shrimp**, **lime wedges**, and **peanuts**.

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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