

Vegetarian Pad Thai

4 servings • Category: Dinner • Generated by Nutrifax

Ingredients

- 225 g Rice noodles (dry)
- 200 g Tofu (silken, firm)
- 2 large Egg (whole, raw, fresh)
- 2 cup Beans (mung, mature seeds, sprouted, bean sprouts, raw)
- 40 g Peanuts (raw)
- 1/2 cup, chopped Onions (spring or scallions (includes tops and bulb), raw)
- 2 tbsp Soy sauce made from soy (tamari)
- 30 g Tamarinds (raw)
- 28 g Sugars (brown)
- 31 g Lime juice (raw)
- 28 g Oil (canola)
- 3 clove Garlic (raw)
- 2 tsp Sauce (hot chile, sriracha)

Instructions

1. Soak the rice noodles in warm water for 20–25 minutes until pliable but still firm. Drain.
2. Make the sauce: whisk together the soy sauce, tamarind paste, brown sugar, lime juice, and sriracha. Set aside.
3. Cut the tofu into small cubes and pat dry. Heat 1 tablespoon oil in a large wok or skillet over high heat. Cook the tofu for 4–5 minutes until golden on all sides. Remove and set aside.
4. Add the remaining oil to the wok. Cook the minced garlic for 15 seconds. Push to the side and crack in the eggs. Scramble until just set, then break into small pieces.
5. Add the drained noodles and the sauce. Toss for 2–3 minutes until the noodles absorb the sauce and are tender.
6. Add the bean sprouts, tofu, and half the green onions. Toss for 1 minute.
7. Serve topped with crushed peanuts, remaining green onions, and lime wedges.