

Tofu pad Thai

Serves: 4

Prep time: 15 mins

Cook time: 15 mins



Ingredients

250g rice stick noodles
1 tbsp olive oil
3 eggs
300g firm tofu
1 large carrot, sliced
1 small head broccoli, cut into pieces
1 medium red capsicum, roughly chopped
150g sugar snap peas, ends trimmed
2 spring onions, finely sliced
1½ cups bean sprouts
¼ cup peanuts, coarsely crushed (optional)
1 lime, cut into wedges

Sauce

1 tbsp peanut butter
2 tbsp honey
2 tbsp lime juice
1 tbsp rice wine vinegar
1½ tbsp fish sauce*
2½ tbsp reduced-salt soy sauce*

*Gluten free if using gluten-free fish sauce and soy sauce

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Methods

Step 1: In a small bowl whisk all sauce ingredients until combined. Set aside.

Step 2: Cook the noodles following packet instructions. Reserve ½ cup cooking liquid in a cup. Drain noodles and rinse under cold water and set aside.

Step 3: In a bowl, add the eggs and 2 tablespoons water and lightly beat to combine.

Step 4: Heat 1 teaspoon oil in a large frying pan or wok over a high heat. Add half of the egg mixture and cook for 1 minute or until set. Turn the egg over and cook for a further 30 seconds or until cooked. Transfer to a plate and repeat with the remaining egg. Roughly chop into pieces.

Step 5: Pat tofu dry with a paper towel and cut into 2cm pieces.

Step 6: Add 2 teaspoons oil and tofu to the same pan and stir-fry for 3-4 minutes or until golden brown. Remove from the pan and set aside.

Step 7: Add the remaining 1 teaspoon oil, carrot, broccoli, capsicum, peas and half the shallots to the same pan. Cook, stirring for 4 minutes or until tender-crisp.

Step 8: Add the bean sprouts, noodles and reserved cooking liquid, tofu, egg and sauce. Cook, tossing for 2 minutes or until heated through and combined.

Step 9: Divide among 4 bowls and scatter over the peanuts and remaining shallots. Serve with lime wedges.

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