



Peanuttty Pad Thai

Prep Time: 10 min. Cook Time: 20 min. Makes: 2 servings.

Pad thai is a pretty easy dish to love, but in restaurants, they use fish sauce and often egg, so let's make a vegan version. We can top it with mango if you want! Or for a protein boost, top it off with tofu, tempeh or try some shelled edamame beans, chickpeas or white beans.

INGREDIENTS

200 grams brown rice noodles
or other noodles
1 cup broccoli, chopped
1 cup mushrooms, sliced
2 carrots, peeled and julienned
1 mango, diced (optional)
1/4 cup fresh cilantro, chopped
2 green onions, chopped
2 Tbsp peanuts roasted and
chopped (optional)

SAUCE INGREDIENTS

2-4 Tbsp natural peanut butter
4 Tbsp tamari (soy sauce)
4 Tbsp brown rice vinegar or
apple cider vinegar
2-4 Tbsp water
1 tsp toasted sesame oil
1 clove fresh garlic minced
pinch red pepper flakes
1-2 tsp maple syrup (optional)

DIRECTIONS

1. Bring a pot of water to a boil, and add the noodles to cook for 5-10 minutes, until just softened.
2. Meanwhile, saute the vegetables in a large pan with a bit of olive oil or water/broth.
3. Once the noodles are cooked, drain them, and add them to the pan to toss with the veggies, and stir in the sauce. If you're using mango, toss it in here as well.
4. Transfer to serving bowls, and top with chopped peanuts and cilantro, and serve with lime wedges for drizzling.

SAUCE DIRECTIONS

Whisk or puree the sauce ingredients together until smooth and creamy. Start with just 2 tablespoons of water, and add more if you need the right consistency. Use more or less peanut butter, to your taste.

NUTRITION FACTS

Per serving
Calories 412

		% Daily Value*
15 g	Total Fat	23%
3 g	Saturated Fat	15%
0 mg	Cholesterol	0%
2100 mg	Sodium	88%
60 g	Carbohydrates	20%
8 g	Dietary Fiber	31%
22 g	Sugar	
14 g	Protein	22%
11981 IU	Vitamin A	260%
71 mg	Vitamin C	119%
83 mg	Calcium	8%
2 mg	Iron	11%

Hints & Tricks

This sauce is quite peanuttty. If you don't like peanuts, or can't have them, swap it out for cashew or almond or sunflower seed butter. And toast and chop the same nut/seed as garnish.