

Pad Thai



INGREDIENTS

(Makes 4-6 servings)

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| 1 12-ounce package rice noodles | 1 pinch of crushed red pepper flakes |
| ¼ cup lime juice | 2 large carrots, peeled and grated |
| 2 tablespoons tamari | ½ pound tofu, cubed |
| 2 tablespoons ketchup | 1 8-ounce can bamboo shoots, drained |
| 1 tablespoon brown sugar | 2/3 cups peanuts, chopped |
| 2 tablespoons peanut oil | 1 bunch scallions, chopped |
| 1 tablespoon fresh garlic, minced | ½ bunch fresh cilantro, chopped |
| 1 tablespoon fresh jalapeno pepper, minced (about ½ of a jalapeno) | |
| 1½ teaspoons fresh ginger, minced | |

PREPARATION

1. Fill a large stockpot with water and bring to a boil. Add rice noodles, bring back to a boil and turn off heat. Let noodles steep for about 10 minutes, then drain.
2. Whisk together lime juice, tamari, ketchup and brown sugar. Set aside.
3. Heat peanut oil in a large pan or wok. Add garlic, ginger and jalapeno and sauté 2 minutes over medium heat.
4. Add crushed red pepper and sauté 1 more minute, followed by carrots and sauté 2 more minutes.
5. Add bamboo shoots, scallions and peanuts and stir well. Add sauce (from step 2) and mix well.
6. Add noodles and tofu and gently stir everything together. Top with cilantro and serve warm.

Pad Thai

SHOPPING LIST

Produce

Lime
Fresh garlic
Carrots
Scallions
Fresh ginger
Jalapeno pepper
Fresh cilantro
Tofu

Grocery

12-ounce package rice noodles
Tamari
Ketchup
Brown sugar
Peanut oil
8-ounce can bamboo shoots
Peanuts

Spices/Seasonings

Crushed red pepper flakes

SERVING SUGGESTION

Perfect with teriyaki chicken wings or spring rolls.

NUTRITIONAL INFORMATION

Per Serving: 553 calories, 16 g. fat, 0 mg. cholesterol, 65 g. carbohydrate, 8 g. dietary fiber, 17 g. protein, 311 mg. sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Neighborhood Food Co-op, Carbondale, Ill.

