



EASY PAD THAI (VEGAN, GLUTEN-FREE)

This Asian-inspired vegan and gluten-free Pad Thai is quick and easy to put together, and makes a colourful, healthy and satisfying dish.

 20 minutes

 30 minutes

 4 portions

INGREDIENTS

- 200 grams of rice noodles, dry
- 2 tbsps of oil, peanut, salad or cooking (27 g)
- 2 spring onions, sliced (50 g)
- 2 cloves of garlic, raw (6 g)
- 1, hot chili, red, finely sliced
- 1 small broccoli, cut into florets (151 g)
- 1 red capsicum, finely sliced (119 g)
- 2 carrots, finely sliced or shaved into ribbons with a peeler (122 g)
- 30 grams of roasted unsalted peanuts
- 1 handful of coriander leaves
- 1 lime to serve
- 5 tbsps of soy sauce made from soy (tamari) (90 g)
- 3 tbsps of syrups, maple (60 g)

COOKING METHOD

- 1° Cook rice noodles according to the package instructions*, but do not cook them fully as you'll give them another minute or two in the wok after. Drain, stir a little bit of oil through them to prevent them from sticking together, and set aside.
- 2° Heat one Tablespoon of oil in a wok or a large frying pan. Once hot add spring onions, garlic and chilli, stirring constantly until fragrant. Transfer to a separate dish.
- 3° Heat up another tablespoon of oil in the same wok / frying pan, and stir-fry broccoli, and stir for about 2 minutes. Add the capsicum and carrot ribbons, and stir-fry until cooked yet still crunchy. Transfer all vegetables to a separate dish.
- 4° Mix all the sauce ingredients together in a small bowl, and pour the sauce to the bottom of the wok / frying pan. Add in noodles and give them a good stir with the sauce. Add spring onions, chilli, garlic and stir-fried vegetables. Mix everything well and let it warm up, stirring the whole time, for a minute or two.
- 5° Serve in plates and add the crushed peanuts on top with fresh cilantro and lime if using.
- 6° Notes * After you immerse them in soaking water, give the noodles a good stir to prevent them from clumping together and sticking to the bottom of the pot, and another stir half way through the soaking time. ** Note that regular soy sauce contain gluten, so make sure the one you purchase is gluten-free if you are following a gluten-free diet.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (247 g)	% DRI
ENERGY	157 kcal	387 kcal	19 %
FAT	5 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	564 mg	1392 mg	58 %
CARBOHYDRATE	26 g	64 g	21 %
SUGARS	6 g	14 g	—
FIBER	2 g	5 g	21 %
PROTEIN	4 g	10 g	—