

Pad Thai



PREP TIME:
20 MINUTES

COOK TIME:
15 MINUTES

TOTAL TIME:
35 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

Sauce Ingredients:

- 1 Teaspoon Chili Flakes/Hot Pepper Seeds
- 1 Tablespoon Coconut Aminos
- 1 Tablespoon Tamari (Gluten Free)
- ¼ Cup Vegetable Broth
- 1 Tablespoon Fish Sauce
- 2 Tablespoons Fresh Squeezed Lime Juice
- 1 Tablespoon Honey

Pad Thai Ingredients:

- 1 15 oz. Package Organic Tofu – Extra Firm
- 1 Tablespoon Tamari (Gluten Free)
- 1 Tablespoon Coconut Aminos
- 5 Large Garlic Cloves
- 1 (2-inch) Piece Fresh Ginger
- 2 Organic Large Eggs, beaten
- ¾ Cup Carrots Sliced Thin
- 3 Cups Green Cabbage Sliced Thin
- 3 Scallions Sliced Thin
- 1 Tablespoon Avocado Oil (*can also use olive oil*)
- ¼ Cup Chopped Roasted Cashews
- Few Sprigs Fresh Cilantro
- 2 Packages Miracle Noodles (Shirataki), Fettucine Style (or Pasta Zero Brand)
- **Optional Garnish: Broccoli Sprouts, Lime Wedges**

Instructions:

1. In a small mixing bowl add chili flakes, coconut aminos, tamari, vegetable broth, fish sauce, lime juice, and honey. Mix until combined and set aside.
2. Cube tofu and gently toss with tamari and coconut aminos in a medium bowl. Set aside.
3. In a mini food processor, add garlic cloves and ginger. Pulse until minced. Also can use a micro plane.
4. Rinse noodles and then soak in a medium bowl with warm water. Set aside.
5. In a large sauté pan add the avocado oil, heat until warmed. Add garlic and ginger – cook about 1 minute, until fragrant.
6. Add scallions and tofu. Toss for 3-5 minutes.
7. Move tofu to outer edges of pan and add beaten eggs to center of pan. Lightly stir until cooked through.
8. Add the carrots, cabbage, and scallions along with half of the sauce to pan. Toss and cook 3 more minutes.
9. Next add in the drained noodles and remaining sauce. Toss until combined allowing to cook another 2 minutes. Remove from heat.
10. Portion onto plates. Sprinkle cilantro and cashews on top.

***Try and use all organic ingredients if possible.**

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