

| Rainbow Pad Thai  |  |
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| Ingredients   | Instructions   |
| <ul style="list-style-type: none"> <li>• 8 oz rice noodles (soaked or steamed per package directions)</li> <li>• 1lb of Tofu (sautéed until golden brown)</li> </ul> <p><b>Vegetables:</b> You can use any vegetables you have on hand, or particularly enjoy, broccoli works extremely well, so does cauliflower. The combinations here are endless. If you want it spicier you can add a few hot peppers, or if you don't enjoy cilantro you can substitute in parsley.</p> <ul style="list-style-type: none"> <li>○ 1 or 2 bell peppers, red and/or green, julienned</li> <li>○ 1 carrot, julienned or shredded</li> <li>○ 1 purple onion, irregularly sliced</li> <li>○ A handful of bean sprouts and/or microgreens</li> <li>○ 1/2 cup snap peas or green beans</li> <li>○ Limes</li> </ul> <p><b>Sauce:</b> If you do not want to make this from scratch you can use a bottle of premade Pad-Thai Stir-Fry Sauce instead. If you go this route still add the juice from one lime and have some lime slices for garnish</p> <ul style="list-style-type: none"> <li>○ 3 tbsp soy sauce or tamari</li> <li>○ 2 tbsp rice vinegar</li> <li>○ 1–2 tbsp brown sugar (to taste)</li> <li>○ 1 tsp chili flakes or 1 jalapeño/chili pepper (or sriracha for a bit of heat)</li> <li>○ Juice of 1 lime</li> </ul> <p><b>Protein:</b> (Optional)</p> <ul style="list-style-type: none"> <li>○ Cooked Chicken (shredded)</li> <li>○ Beef (sliced thin)</li> <li>○ Shrimp (whole, tails removed)</li> </ul> <p><b>Finishers:</b></p> <ul style="list-style-type: none"> <li>○ 1/3 cup chopped roasted peanuts</li> <li>○ 1oz of Basil chopped</li> <li>○ 1oz Cilantro leaves, chopped</li> </ul> | <ol style="list-style-type: none"> <li>1. <b>Prepare Noodles:</b> Soak or cook the rice noodles as directed until al dente. Once cooked cool under cold water right away to stop noodles from cooking further. Drain and set aside.</li> <li>2. <b>Make Sauce:</b> If making from scratch. In a small bowl, whisk together the soy sauce, rice vinegar, brown sugar, chili garlic sauce, and lime juice.</li> <li>3. <b>Stir-Fry Veggies:</b> In a large skillet or wok, heat a tablespoon or two of oil over medium-high heat. Add all the vegetables and stir-fry for 4–5 minutes so they remain crisp yet slightly tender. You want your frying pan to be good and hot before you start throwing veggies in as you don't want the veggies to cook soft. When the veggies are just slightly charred, but still crisp and tender they are ready.</li> <li>4. <b>Combine:</b> Toss in the noodles and pour the sauce over the top (add your protein if desired). Stir well until everything is evenly coated and heated through (about 2 or 3 minutes).</li> <li>5. <b>Garnish &amp; Serve:</b> Sprinkle with roasted peanuts, fresh basil and cilantro. Serve immediately!</li> </ol> |