

Veggie Pad Thai

(3-4 portions, comes together in ~20-30 minutes)

You will need:

Sauté pan or wok (medium to large size)

Knife and cutting board

Medium pot for cooking rice noodles

Oil

Sieve or colander for noodles

Salt

Ingredients

Tofu

Rice Noodles

Sauce Packet

Sweet Pepper(s)

Shallot(s)

Garlic

Yu Choy

Lime

Mise en place (prep):

First, put a pot of water on to boil.

Then, peel 3-4 garlic cloves and your shallot(s). Mince garlic and slice shallots.

Stem and seed your sweet pepper(s), then julienne.

Rinse your yu choy (greens) and cut into 1.5-inch pieces.

Cut your tofu into cubes

Cut one lime wedge per person

Cooking Instructions:

Take half of your package of noodles and cook in boiling water for ~1.5 mins. You want your noodles to be pliable, yet still rather firm—they will continue cooking when you stir-fry them later. (Save the other half of your noodles for another recipe of your choosing!)

Meanwhile, heat your pan/wok to medium-high heat.

When noodles are ready, strain and immediately rinse with plenty of cold water to stop the cooking process. Set aside (or leave colander in sink).

When pan is hot, add a glug of oil and sauté your garlic and shallot for ~30 seconds, stirring frequently.

Add your yu choy (greens) and continuing stirring for ~1 minute, then add your julienned sweet pepper and sauté for another minute. Then add your tofu, season with a pinch of salt, and toss to combine—sauteing for another minute or so. If mixture is dry, add another small glug of oil.

Finally, add your noodles and the contents of your sauce packet. Turn heat down to medium, medium-low and toss to combine. Stir frequently. Your dish is ready when the noodles are cooked to your liking. Note: if noodles are too firm after a few minutes, add a tablespoon or two of water while stir-frying and keep cooking.

Taste for seasoning and adjust if necessary. Serve with a lime wedge and enjoy!

Optional:

Feel free to add beaten eggs, shelled shrimp, chili flakes, or washed bean sprouts prior to adding your noodles into the stir-fry (ensuring your eggs and/or shrimp are cooked through by the time you are ready to plate). Depending on personal preference, some people like to add extra fish sauce and sugar while they are stir-frying their noodles. Also, toasted chopped peanuts and fresh cilantro are both yummy garnishes on Pad Thai! Fresh or pickled chilis too! Cheers!!