



Tofu Pad Thai

Serves 4

For the sauce:

- ¼ cup (60ml) tamari
- ¼ cup (60ml) maple syrup
- 3 tbsp. water
- 2 tbsp. rice vinegar
- 2 tbsp. peanut butter
- 1 tbsp. sriracha

For the tofu:

- 7 oz. (200g) firm tofu, cubed
- 1 tbsp. flour
- 1 tbsp. coconut oil

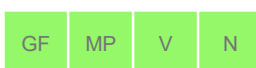
For the Pad Thai:

- 8 oz. (225g) thick rice noodles
- 1 tbsp. coconut oil
- 2 shallots, chopped
- 2 large carrots, sliced into ribbons or matchsticks
- 3 cloves garlic, minced
- 2 handfuls bean sprouts
- 3 spring onions, sliced (green part)
- ¼ cup (30g) peanuts, chopped, to serve
- 1 lime, cut into wedges

What you need to do

1. Mix all the sauce ingredients in a bowl and set aside.
2. In a large bowl, toss the tofu with flour and season with salt making sure all sides are coated and set aside.
3. Cook the noodles according to instructions on the packaging.
4. Heat the coconut oil in a wok or large skillet over medium-high heat. Add the prepared tofu cubes and cook for 1-2 minutes until brown. Remove from heat and set aside.
5. Now add the shallots, carrots, and garlic to the wok. Stir fry for 1-2 minutes until softened, add in the earlier prepared sauce and noodles, and cook for 1 minute.
6. Next, add in the tofu and bean sprouts, and gently mix until well combined. Remove from heat and top with the green part of the spring onions. Serve with peanuts and lime wedges.

Pressing Tofu: Wrap a block of tofu in a few paper towels and place it on a plate. Place a cast-iron skillet on top (or something heavy) and let it drain for about 15 minutes or more. Pat dry to remove excess moisture on the surface.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	469	18	68	15

*Nutrition per serving

