

HEALTHY PAD THAI

Prep Time: 30 min. | Serves 4

INGREDIENTS

8 oz. pad Thai rice noodles, cooked according to package directions, immediately rinsed with cold water and cooled

14 oz tofu, cut into 1/2 inch cubes

1/2 teaspoon salt, divided

4 cups broccoli florets and thinly sliced stems

4 cloves garlic, minced

2 cups scallion, chopped into 1 inch pieces

1 cup lightly packed cilantro, chopped

4 oz. mung bean sprouts

½ cup vegetable stock for frying

For the sauce:

2 tablespoons tomato paste

5 tablespoons tamari or soy sauce

2 tbsp. of maple syrup

Several squirts of liquid Stevia, to taste

1/4 cup fresh lime juice

2 tablespoons Sracha

2 tablespoons mellow white miso

1/4 cup water

To serve:

3/4 cup chopped roasted peanuts

Extra lime wedges



DIRECTIONS

Start by heating a non-stick or cast iron pan, adding the vegetable stock and frying the tofu cubes to heat until nicely browned. In the meantime, mix together all of the ingredients for the sauce and set aside. The miso may not completely dissolve, but that's okay.

When tofu is browned, transfer it to a plate and cover to keep warm. In the same pan, cook the broccoli in ¼ cup of vegetable stock. Cover the pan in between stirring, to get it to cook faster. It should take about 5 minutes, and be lightly browned. Transfer to the same plate as the tofu.

Now, for the sauce, add the garlic in the remaining vegetable stock very briefly, about 15 seconds. Add the scallion and cilantro and toss just to get it heated. Now pour in about half the sauce and get it heated through.

Add the noodles and toss to coat. Then add back the tofu and broccoli, the mung beans and the remaining sauce, and toss to coat.

Serve immediately, topped with peanuts and lime wedges, plus extra cilantro if desired.