

PAD THAI

NUTRITION FACTS

Serving size: 4 oz vegetables, 4 oz noodles; Amount per serving: Calories 215, Protein 6g, Carb. 39g, Fiber 3.5g, Fat 4g, Sodium 210mg

INGREDIENTS

- ½ c water
- 1 T fresh cilantro, chopped
- 1 T fresh Thai basil, chopped
- ¼ c mirin or sweet rice wine vinegar
- ¼ c low sodium soy sauce
- 2 tsp sambal chili sauce
- 2 T brown sugar
- ½ c tamarind purée
- ¼ c canola oil
- 1 medium carrot, julienned
- ¼ head of Napa cabbage, julienned
- 1 red bell pepper, julienned
- 1 green bell pepper, julienned
- 6 oz shelled edamame
- 2 lbs rice noodles

DIRECTIONS

1. Mix together water, cilantro, basil, rice wine vinegar, sambal chili sauce, brown sugar and tamarind purée, and set aside.
2. Cover rice noodles with hot water and set aside to soak for 30 minutes.
3. In a wok or large frying pan, heat half of the oil and stir fry the vegetables for 2-3 minutes, then remove from the pan.
4. Drain the noodles well and sauté them with the other half of the oil for 2- 3 minutes.
5. Add the sauce and bring to a simmer.
6. Add the vegetables and cook for 2 more minutes.
7. When the noodles are tender to the bite, it is ready.

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