

# Tofu pad thai

Serves 2-3

30 mins

3 main ingredients

## What you'll need

Main ingredients	Fresh/ frozen	Store cupboard
250g firm tofu - we used: <a href="https://tofoo.co.uk/products/naked/">https://tofoo.co.uk/products/naked/</a> 1 red pepper 2-3 spring onions 2-3 carrots ½ red cabbage A bunch of spring greens (we used swiss chard for colourful variety)	Coriander Lime 2 garlic cloves  Grated ginger, a thumb size piece	Peanut butter Soy sauce Chilli flakes Lime Maple syrup Olive oil Salt & Pepper, to taste

## What to do

1. **Prep the tofu.** Add tofu to a bowl and crumble with a fork. Then season with 1 tbsp of soy sauce and chilli flakes to taste. Mix well and set aside.
2. **Prep the Pad Thai sauce.** Add 2 tbsp of peanut butter, 3 tbsp of soy sauce, 1 tbsp of maple syrup, juice of a lime and a pinch of chilli flakes (optional) to a bowl and whisk to combine. Taste and adjust flavour as needed, adding more lime juice for acidity, soy sauce for saltiness, chilli flakes for heat, or maple syrup for sweetness. Set aside.
3. **Prep the veg.** We used a mandolin but you could just thinly slice a red pepper, cabbage, spring onions and spring greens. Then ribbon the carrots, we used a peeler for this. .
4. **Cook the veg.** Heat a large wok, pan or skillet over medium heat. Once hot, add oil, red peppers, spring onions, cabbage and 1 tbsp of soy sauce. Cook for 3-4 minutes, stirring/tossing frequently.
5. **Add tofu** and sauté until lightly browned, stirring frequently – about 3-5 minutes.
6. At this point, add the carrots and spring greens. Sauté for 2 minutes. Then add Pad Thai sauce and freshly grated ginger. Continue to cook over medium heat until warmed through and collards are slightly wilted – about 2 minutes – stirring frequently.
7. **Taste and adjust** the flavour of the dish as needed. Adding more chilli flakes for heat, soy sauce for saltiness, or lime juice for acidity.
8. **Time to plate up.** Top with fresh coriander, a couple of lime wedges and some crushed peanuts if you like. Enjoy!

## Notes & tips

- sides. Enjoy as is or serve over quinoa, courgetti or your choice of noodles.
- make it your own by using your favourite veggies, fresh chillies for extra heat, mirin instead of maple syrup, etc.
- quantities. Are you cooking for more people or want leftovers? Simply double up.