



PLANT PAD THAI WITH TOFU

SERVES 2 OR 4

TIME: 25 MIN

CALORIES: 760/SERVING



Your favourite takeout meal is a lot easier to make than you think! This delicious noodle dish comes together in under 30 minutes, and is full of all the flavours you know and love. The tofu, carrot ribbons, snow peas and beans sprouts add flavour and substance while the green onion, lime and cilantro are the perfect bright finishers for this dish!

WHAT YOU'LL NEED

- Large pot
- Large wok or pan
- Medium pan
- Oil



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE 2 servings 4 servings

Tofu	150 g	300 g
Rice noodles	200 g	400 g
Pad Thai sauce	1/3 cup	2/3 cup
Garlic	1 clove	2 cloves
Carrot	1	2
Snow peas	1 cup	2 cups
Bean sprouts	1 cup	2 cups
Green onion	1	2
Lime	1	1
Cilantro	1/8 bunch	1/4 bunch



Prep ingredients: mince **garlic**, peel and shave **carrot** into ribbons with a peeler (or slice thinly), slice **green onion**, cut **lime** into wedges, roughly chop **cilantro**, and cube **tofu**.



Fill a large pot with water and bring to a boil. Add **noodles** and boil for 5 minutes or until tender, stirring occasionally. Drain and rinse under cold water.



In a medium pan, heat 1 tbsp of **oil** (2 tbsp for 4 servings) over medium heat. Once hot, add the **tofu** and fry until all sides are crispy.



In a large pan or wok over medium heat, add 1 tbsp of **oil** (2 tbsp for 4 servings). Once hot, add **garlic** and cook gently for 2-3 minutes, until fragrant.



Add the **cooked noodles**, **sauce**, 1/4 cup **water** (1/2 cup for 4 servings), **carrot**, **snow peas**, and **half the bean sprouts**. Increase heat to medium-high and toss constantly for about 2-3 minutes until the sauce has coated everything and the vegetables are tender but still crunchy. Add **tofu** and continue tossing to combine.



Divide between bowls and serve with **lime wedges**, the **rest of the bean sprouts**, **green onions**, and **cilantro**.

Nutrition Facts		Valeur nutritive	
Per Serving (403 g) pour 1 (403 g)			
Calories 760		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 23 g			31 %
Saturated / saturés 3.0 g			15 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 118 g			
Fibre / Fibres 8 g			29 %
Sugars / Sucres 14 g			14 %
Protein / Protéines 25 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 1760 mg			77 %
Potassium 550 mg			12 %
Calcium 600 mg			46 %
Iron / Fer 4.5 mg			25 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			