Plant-based Pad Thai

Please note: this contains fish sauce, hence it's not vegan but still based on plants!

What You will need:

- Firm Tofu (chopped into strips)
- 1/4 Red cabbage
- Zucchini x 2
- Carrot x 1
- Lebanese Cucumber x 1
- Red Capsicum x 1
- Snow Peas (handful)
- Bean shoots x 1 bag
- Coriander bunch
- Dry roasted cashews (handful)
- Peanut butter (3 tbsp)
- Coconut cream x 1 tin
- Limes x 2
- 1-2 drops [food grade lime oil](#)
- Fish sauce (tsp)
- 1 large long red chilli
- Tamari (1 tbsp)

- Cayenne pepper 1/4 tsp (optional)
- Turmeric powder (1 tsp)
- Ginger powder (1/4 tsp)
- Coconut flakes
- Coconut oil (for frying)

Try to use organic ingredients where ever possible (*especially* Soy products!) and if vegan, omit the fish sauce.

What to do:

You will need a large bowl as this makes a fair amount! Wash all of your veggies and remove the stringy bits from the snow peas. If you have a 'Veggie Twist', you can use this for the zucchini and cucumber (if not just chop into strips). Chop the rest of your veggies up finely and add to your bowl. Tear off the leaves from your washed coriander and ad, then add your bean shoots.

In your pan on low heat, add a large handful of coconut flakes. Dry fry them until slightly golden and remove and set aside. Next, chop up your chilli, heat your pan and add your coconut oil. Once the oil is hot, add your chilli and sauté until soft, then slowly add some coconut cream, use a whisk to stir then add in your peanut butter and combine well.

Add in the Tamari, Cayenne, Turmeric, Ginger, Fish sauce and about half of the Lime juice. Whisk well on medium until it starts to look combined. Keep adding the coconut cream until all used.

Chop the tofu into strips and then add to the sauce mixture. Add the remainder of the lime juice and give a good stir on low.

To Serve:

Grab a big heap of the veggies and pile onto the plate. Top with the satay tofu mix, scatter some cashews, and some more coriander and finish with the coconut flakes.

A Yummy way to get more Raw into your diet!