

VEGETABLE PAD THAI



QUICK

15-20 minutes



HEALTHY

The vegetables & the wholemeal noodles are high in fibre which keeps you feeling fuller for longer and helps to keep your digestive system working effectively

FAMILY

Serves 6



MEALS

This doesn't need to be served with anything else as it contains all food groups.

INGREDIENTS

- 400g Tofu
- 75g wholemeal rice noodles
- 2 courgettes
- 2 carrots
- 4 mushrooms
- ¼ red cabbage
- 1 red Pepper
- 1 red onion
- ½ chilli
- 3 garlic cloves
- 4 cm fresh ginger
- 2 eggs – optional
- 100g peanuts (unsalted)

METHOD

- 1) Dice or spiralize your courgettes and carrots
- 2) Slice the cabbage, pepper, mushrooms and onion
- 3) Put peanuts in a bag and crush with a rolling pin
- 4) Cook noodles – follow the instructions on the pack then drain
- 5) Mince your garlic and ginger and finely dice your chilli
- 6) Heat 1 tbs oil in a wok, reduce heat and add chilli, ginger and garlic and sauté for 1 min
- 7) Add cubed tofu, onions and mushroom and cook for 4-5 mins till browned
- 8) Whilst that's cooking, make the sauce
- 9) In a jar or jug – make up the sauce by mixing the vinegar, stock, chilli sauce and soy sauce
- 10) Add sauce to wok - mix
- 11) Drizzle in beaten egg - mix
- 12) Add the rest of the vegetables and the noodles -mix
- 13) Cook till vegetables are hot but still crunchy
- 14) Sprinkle with peanuts and serve immediately

Sauce

- 2 veg stock cubes in 100ml boiling water
- 70ml cider vinegar
- 100ml soy sauce
- ½ tsp chilli paste – optional



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com

