



Grilled Tofu and Chicken Pad Thai

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ancho chili powder
- 4 ounces bean sprouts
- 2 tablespoons brown sugar
- 0.3 cup cashew pieces toasted coarsely chopped
- 0.3 cup cilantro leaves chopped
- 0.3 cup creamy peanut butter
- 8 ounces extra-firm tofu
- 2 tablespoons fish sauce

- 2 cloves garlic finely chopped
- 0.3 cup green onion thinly sliced
- 2 limes halved
- 2 tablespoons vegetable oil; peanut oil preferred plus more for brushing
- 1 pound thai rice noodles hot drained for 15 minutes and
- 0.3 cup rice vinegar
- 6 servings salt and pepper freshly ground
- 2 shallots finely chopped
- 16 ounce chicken breasts boneless skinless
- 0.3 cup tamarind paste

Equipment

- bowl
- sauce pan
- grill

Directions

- Watch how to make this recipe.
- Heat grill to high.
- Brush both sides of tofu and chicken with oil and season with salt and pepper. Grill the tofu on each side for 2 to 3 minutes or until slightly charred, remove, and cut into thin slices. Grill the chicken for 4 minutes per side or until slightly charred and just cooked through, remove, and cut into thin slices.
- Meanwhile, heat 2 tablespoons of oil in a medium saucepan on the grates of the grill or side burner on the grill.
- Add the shallots and garlic and cook until soft.
- Add the ancho powder and cook for 10 seconds.
- Add the tamarind mixture, vinegar, fish sauce, brown sugar, and peanut butter and bring to a boil.
- Place the cooked noodles, tofu, and chicken in a large bowl.

Pour the boiling sauce over the noodles and toss gently until until combined. Fold in the green onion, cilantro, and bean sprouts and top with the chopped nuts.

Serve with grilled limes on the side.

Nutrition Facts

PROTEIN 18.53% **FAT 25.95%** **CARBS 55.52%**

Properties

Glycemic Index:63.87, Glycemic Load:39.43, Inflammation Score:-7, Nutrition Score:19.204347693402%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 584.54kcal (29.23%), Fat: 16.89g (25.98%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 81.28g (27.09%), Net Carbohydrates: 76.98g (27.99%), Sugar: 9.63g (10.69%), Cholesterol: 48.38mg (16.13%), Sodium: 966.67mg (42.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.13g (54.27%), Selenium: 38.58µg (55.11%), Vitamin B3: 10.17mg (50.86%), Vitamin B6: 0.78mg (38.76%), Manganese: 0.77mg (38.39%), Phosphorus: 376.01mg (37.6%), Magnesium: 88.46mg (22.12%), Vitamin K: 20.74µg (19.76%), Fiber: 4.3g (17.22%), Vitamin E: 2.53mg (16.86%), Potassium: 576.51mg (16.47%), Copper: 0.33mg (16.33%), Iron: 2.76mg (15.31%), Vitamin C: 12.08mg (14.65%), Vitamin B5: 1.46mg (14.65%), Zinc: 1.83mg (12.17%), Vitamin B1: 0.17mg (11.14%), Calcium: 104.82mg (10.48%), Vitamin A: 522.32IU (10.45%), Vitamin B2: 0.17mg (10.04%), Folate: 39.31µg (9.83%), Vitamin B12: 0.18µg (3%)