



Pad Thai

 Dairy Free

READY IN



765 min.

SERVINGS



2

CALORIES



879 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon five-spice powder chinese
- 3 ounces bean sprouts divided
- 2 teaspoons cabbage salted
- 1 tablespoon shrimp dried
- 6 ounces extra-firm tofu
- 2 tablespoons fish sauce
- 2 teaspoons garlic minced
- 1 lime cut into wedges

- 2 tablespoons coconut sugar
- 1 tablespoons vegetable oil; peanut oil preferred
- 2 servings chile peppers dried red freshly ground to taste
- 4 ounces rice stick noodles
- 1 tablespoon rice wine vinegar
- 0.5 cup roasted peanuts salted divided chopped
- 1 cup scallions divided chopped
- 1.5 cups soya sauce
- 1 ounce tamarind paste
- 0.8 cup water boiling
- 2 eggs whole beaten

Equipment

- bowl
- frying pan
- mixing bowl
- sieve
- cake form
- wok
- kitchen towels

Directions

- Watch how to make this recipe.
- Place the tamarind paste in the boiling water and set aside while preparing the other ingredients.
- Combine the fish sauce, palm sugar, and rice wine vinegar in a small bowl and set aside.
- Place the rice stick noodles in a mixing bowl and cover with hot water. Set aside while you prepare the remaining ingredients. Once the other ingredients are measured out into separate bowls, drain the water from the noodles and set them aside.

- Cut the tofu into 1/2-inch wide strips, similar to French fries.
- Press the tamarind paste through a fine mesh strainer and add to the sauce. Stir to combine.
- Place a wok over high heat. Once hot, add 1 tablespoon of the peanut oil.
- Heat until it shimmers, then add the tofu. Cook the tofu until golden brown, moving constantly, for no longer than 1 minute.
- Remove the tofu from the pan to a small bowl and set aside.
- If necessary, add some more peanut oil to the pan and heat until shimmering.
- Add 2/3 of the scallions and then the garlic, cook for 10 to 15 seconds.
- Add the eggs to the pan; once the eggs begin to set up, about 15 to 20 seconds, stir to scramble.
- Add the remaining ingredients in the following order and toss after each addition: noodles, sauce, cabbage, shrimp, and 2/3 of the bean sprouts and peanuts. Toss everything until heated through, but no longer than 1 to 2 minutes total.
- Transfer to a serving dish.
- Garnish with the remaining scallions, bean sprouts, and peanuts.
- Serve immediately with the ground chile peppers and lime wedges.
- Wrap the tofu firmly in a tea towel.
- Place the wrapped tofu into an 8-inch cake pan. Top with another cake pan and weigh down with a 5-pound weight. (Bags of dried beans or grains work well.)
- Place in refrigerator and press for 12 to 15 hours.
- Place pressed tofu in a 2-cup container.
- Combine soy sauce and five-spice powder and pour over tofu. Cover and refrigerate for 30 minutes, turning once.
- Remove the tofu from the marinade and use immediately or store in the refrigerator for up to 2 to 3 days.

Nutrition Facts



Properties

Glycemic Index:200, Glycemic Load:41.42, Inflammation Score:-9, Nutrition Score:39.42347827165%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 878.88kcal (43.94%), Fat: 34.33g (52.82%), Saturated Fat: 5.96g (37.22%), Carbohydrates: 98.61g (32.87%), Net Carbohydrates: 87.89g (31.96%), Sugar: 21.77g (24.19%), Cholesterol: 247.96mg (82.65%), Sodium: 11766.92mg (511.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.66g (107.31%), Vitamin K: 123.19µg (117.32%), Manganese: 2.34mg (117.19%), Vitamin B3: 14mg (70.01%), Phosphorus: 622.68mg (62.27%), Iron: 10.44mg (57.98%), Magnesium: 215.07mg (53.77%), Folate: 174.39µg (43.6%), Fiber: 10.72g (42.88%), Selenium: 29.33µg (41.89%), Vitamin B2: 0.66mg (38.86%), Vitamin B6: 0.75mg (37.61%), Copper: 0.75mg (37.57%), Vitamin C: 28.82mg (34.94%), Calcium: 336.76mg (33.68%), Potassium: 1174.33mg (33.55%), Vitamin B1: 0.41mg (27.08%), Vitamin B5: 2.23mg (22.33%), Vitamin A: 1044.39IU (20.89%), Zinc: 3.09mg (20.61%), Vitamin E: 2.01mg (13.38%), Vitamin B12: 0.48µg (7.97%), Vitamin D: 0.88µg (5.87%)