



Phat Thai

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



790 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g vermicelli dried thick (banh pho)
- ☐ 4 large garlic clove finely chopped
- ☐ 1 small bunch beets finely chopped
- ☐ 50 ml vegetable oil
- ☐ 200 g shrimp raw peeled
- ☐ 85 g turnip chopped
- ☐ 1 tbsp sugar
- ☐ 3 eggs beaten

- ☐ 2 tbsp oyster sauce
- ☐ 2 tbsp fish sauce
- ☐ 300 g bean sprouts
- ☐ 1 juice of lime
- ☐ 1 bunch spring onion sliced
- ☐ 100 g roasted peanuts crushed
- ☐ 3 pepper flakes red deseeded finely chopped

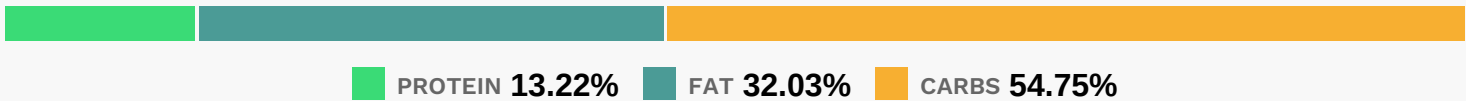
Equipment

- ☐ wok
- ☐ mortar and pestle

Directions

- ☐ Soak the noodles in cold water for up to 2 hrs, then drain and set aside. Using a pestle and mortar, pound the garlic with the chopped coriander stems or roots.
- ☐ Heat the oil in a wok over a high heat. When shimmering, add the garlic and coriander mix. Stir for a few moments, then add the prawns and pickled turnip, if using. Cook for 30 secs, then add the sugar.
- ☐ Add the noodles and stir for 1 min, making sure everything is well mixed.
- ☐ Add the eggs and cook for 2 mins more.
- ☐ Pour in the oyster and fish sauce, then add the beansprouts, lime juice, most of the spring onions, most of the roasted peanuts and most of the chilli. Toss and cook for around 2 mins, then serve scattered with coriander and the rest of the chilli, peanuts and spring onions.

Nutrition Facts



Properties

Glycemic Index:93.02, Glycemic Load:54.35, Inflammation Score:-8, Nutrition Score:31.972173794456%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 789.64kcal (39.48%), Fat: 28.46g (43.78%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 109.43g (36.48%), Net Carbohydrates: 101.34g (36.85%), Sugar: 13.66g (15.18%), Cholesterol: 185.76mg (61.92%), Sodium: 1644.48mg (71.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.42g (52.85%), Vitamin C: 70.29mg (85.2%), Manganese: 1.64mg (81.78%), Selenium: 44.81µg (64.02%), Vitamin K: 63.57µg (60.54%), Phosphorus: 533.31mg (53.33%), Folate: 194.96µg (48.74%), Vitamin B3: 6.55mg (32.73%), Fiber: 8.09g (32.36%), Magnesium: 127.85mg (31.96%), Copper: 0.62mg (31.17%), Vitamin B6: 0.59mg (29.71%), Potassium: 858.38mg (24.53%), Vitamin B2: 0.38mg (22.12%), Iron: 3.78mg (21.02%), Zinc: 2.91mg (19.42%), Vitamin B1: 0.26mg (17.45%), Vitamin B5: 1.6mg (15.96%), Vitamin E: 2.34mg (15.6%), Vitamin B12: 0.93µg (15.48%), Vitamin A: 690.79IU (13.82%), Calcium: 136.91mg (13.69%), Vitamin D: 0.71µg (4.73%)