



Tofu & asparagus pad Thai



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g vermicelli
- ☐ 2 lime juiced cut into wedges
- ☐ 1 tbsp tamarind paste
- ☐ 2 tbsp chilli sauce sweet for serving
- ☐ 2 tbsp vegetable oil
- ☐ 300 g tofu dry firm drained cut into cubes
- ☐ 10 asparagus trimmed sliced
- ☐ 6 spring onion halved thinly sliced

- ☐ 300 g bean sprouts
- ☐ 3 garlic clove finely chopped
- ☐ 1 handful coriander leaves salted

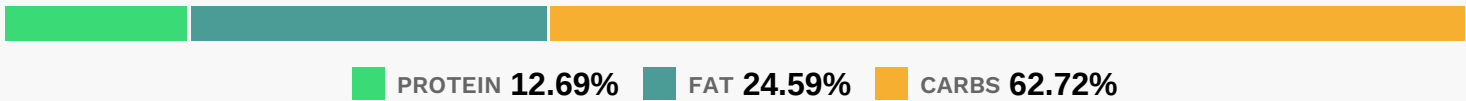
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook the noodles following packet instructions.
- ☐ Mix the lime juice, tamarind and chilli sauce in a small bowl. Set aside.
- ☐ Heat 1 tbsp oil in a non-stick frying pan or wok and fry the tofu for 5–8 mins, until golden all over. Set aside.
- ☐ Add the remaining oil and stir-fry the asparagus until tender. Tip in the spring onions, beansprouts and garlic. Cook for 2 mins more. Stir in the drained noodles, sauce and some salt.
- ☐ Mix in the tofu and heat through.
- ☐ Serve with coriander, salted peanuts and lime wedges.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:26.87, Inflammation Score:-7, Nutrition Score:15.700869415117%

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 Isorhamnetin: 2.28mg, Isorhamnetin: 2.28mg, Isorhamnetin: 2.28mg, Isorhamnetin: 2.28mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 382.54kcal (19.13%), Fat: 10.76g (16.56%), Saturated Fat: 1.57g (9.78%), Carbohydrates: 61.76g (20.59%), Net Carbohydrates: 56.44g (20.52%), Sugar: 10.72g (11.91%), Cholesterol: 0mg (0%), Sodium: 189.88mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.5g (24.99%), Vitamin K: 94.91µg (90.39%), Vitamin C: 27.53mg (33.37%), Manganese: 0.54mg (26.91%), Fiber: 5.32g (21.3%), Folate: 83.56µg (20.89%), Iron: 3.51mg (19.52%), Phosphorus: 159.65mg (15.97%), Calcium: 156.26mg (15.63%), Copper: 0.29mg (14.45%), Selenium: 9.61µg (13.72%), Vitamin B1: 0.18mg (12.03%), Vitamin B2: 0.19mg (11.25%), Vitamin A: 530.39IU (10.61%), Magnesium: 38.94mg (9.73%), Potassium: 336.71mg (9.62%), Vitamin E: 1.26mg (8.43%), Vitamin B6: 0.17mg (8.37%), Zinc: 1.04mg (6.95%), Vitamin B3: 1.35mg (6.73%), Vitamin B5: 0.53mg (5.25%)