



Vegetarian Pad Thai



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound bean sprouts
- ☐ 6 large eggs
- ☐ 4 garlic clove finely chopped
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.5 cup soy sauce light
- ☐ 6 servings lime wedges
- ☐ 12 ounces vermicelli dried ()
- ☐ 0.5 cup roasted peanuts coarsely chopped

- ☐ 1 bunch spring onion
- ☐ 4 large shallots
- ☐ 2 tablespoons sriracha (Southeast Asian chile sauce)
- ☐ 3 tablespoons tamarind (from a pliable block)
- ☐ 14 ounce tofu firm
- ☐ 1.5 cups vegetable oil
- ☐ 1 cup water

Equipment

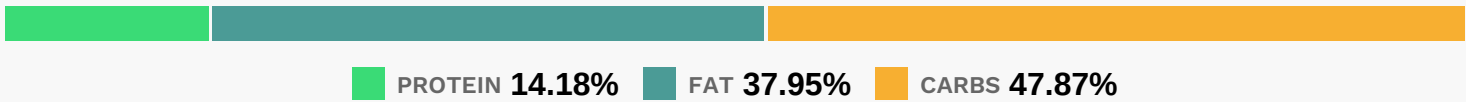
- ☐ bowl
- ☐ paper towels
- ☐ sieve
- ☐ wok
- ☐ spatula
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Soak noodles in a large bowl of warm water until softened, 25 to 30 minutes.
- ☐ Drain well in a colander and cover with a dampened paper towel.
- ☐ Meanwhile, make sauce by soaking tamarind pulp in boiling-hot water in a small bowl, stirring occasionally, until softened, about 5 minutes. Force mixture through a sieve into a bowl, discarding seeds and fibers.
- ☐ Add soy sauce, brown sugar, and Sriracha, stirring until sugar has dissolved.
- ☐ Cut scallions into 2-inch pieces. Halve pale green and white parts lengthwise.
- ☐ Cut shallots crosswise into very thin slices with slicer.
- ☐ Rinse tofu, then cut into 1-inch cubes and pat very dry.
- ☐ Heat oil in wok over medium heat until hot, then fry half of shallots over medium-low heat, stirring frequently, until golden-brown, 8 to 12 minutes. Carefully strain mixture through a fine-mesh sieve into a heatproof bowl. Reserve shallot oil and spread fried shallots on paper

- towels. (Shallots will crisp as they cool.) Wipe wok clean.
- ☐ Reheat shallot oil in wok over high heat until hot. Fry tofu in 1 layer, gently turning occasionally, until golden, 5 to 8 minutes.
 - ☐ Transfer tofu to paper towels using a slotted spoon.
 - ☐ Pour off frying oil and reserve.
 - ☐ Lightly beat eggs with 1/4 teaspoon salt.
 - ☐ Heat 2 tablespoons shallot oil in wok over high heat until it shimmers.
 - ☐ Add eggs and swirl to coat side of wok, then cook, stirring gently with a spatula, until cooked through. Break into chunks with spatula and transfer to a plate.
 - ☐ Heat wok over high heat until a drop of water evaporates instantly.
 - ☐ Pour in 6 tablespoons shallot oil, then swirl to coat side of wok. Stir-fry scallions, garlic, and remaining uncooked shallots until softened, about 1 minute.
 - ☐ Add noodles and stir-fry over medium heat (use 2 spatulas if necessary) 3 minutes.
 - ☐ Add tofu, bean sprouts, and 1 1/2 cups sauce and simmer, turning noodles over to absorb sauce evenly, until noodles are tender, about 2 minutes.
 - ☐ Stir in additional sauce if desired, then stir in eggs and transfer to a large shallow serving dish.
 - ☐ Sprinkle pad Thai with peanuts and fried shallots and serve with lime wedges, cilantro sprigs, and Sriracha.

Nutrition Facts



Properties

Glycemic Index:46.17, Glycemic Load:30.84, Inflammation Score:-5, Nutrition Score:16.135652168937%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 587.06kcal (29.35%), Fat: 25g (38.46%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 70.95g (23.65%), Net Carbohydrates: 66.84g (24.3%), Sugar: 14.75g (16.39%), Cholesterol: 186mg (62%), Sodium: 1434.75mg (62.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.02g (42.03%), Manganese: 0.81mg (40.57%), Selenium: 25.81µg (36.87%), Vitamin K: 35.2µg (33.52%), Phosphorus: 292.09mg (29.21%), Iron: 3.57mg (19.83%), Vitamin B2: 0.32mg (19.12%), Calcium: 166.99mg (16.7%), Fiber: 4.11g (16.45%), Folate: 65.29µg (16.32%), Vitamin B3: 3.12mg (15.6%), Magnesium: 58.04mg (14.51%), Vitamin B6: 0.28mg (14.03%), Copper: 0.26mg (13.03%), Vitamin B5: 1.2mg (12.02%), Potassium: 390.18mg (11.15%), Vitamin C: 9mg (10.9%), Zinc: 1.59mg (10.63%), Vitamin B1: 0.15mg (10.21%), Vitamin E: 1.48mg (9.87%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%), Vitamin A: 324.43IU (6.49%)