



PAD THAI

My Waaaaay Healthier Version of The Most Popular Thai Noodle Dish In The World

Rice noodles with a tangy, sweet and savory sauce, loaded with chicken, shrimp, a ton of veggies and topped with cilantro and crushed peanuts. It's their most popular dish for a reason.

Ingredients:

Proteins:

- 3/4 lb chicken breast, sliced into thin strips
- 1 tsp soy sauce
- 1/4 tsp baking soda, dissolved in 1 Tbsp water
- 1/2 lb medium shrimp (41-50 count) peeled, tail off, deveined)

Sauce(s):

- 4 Tbsp rice vinegar OR distilled white vinegar
- 2-1/2 Tbsp fish sauce
- 1 Tbsp lower sodium soy sauce
- 2 tsp powdered peanut butter
- 3 Tbsp 0 calorie brown sugar replacement
- 1-1/2 tsp cornstarch
- 1/2 to 1 tsp asian chili sauce (I used Huy Fong chili garlic)

Tamarind Paste Substitute: (below ingredients)

- 1 Tbsp lemon juice
- 2 tsp worcestershire sauce
- 1 tsp lower sodium soy sauce
- 1 Tbsp no sugar added ketchup OR canned tomato sauce
- 2 tsp 0 calorie brown sugar replacement
- 1/4 tsp molasses (see notes)

Veggies & Additional Ingredients:

- 8oz Pad Thai rice noodles (I used Thai Kitchen rice noodles). Weigh noodles dry, cook to package directions. Set aside.
- 1 large onion, quartered and thin sliced (around 2-1/4 cups)
- 2 cups 'shredded' carrots, (the bagged coleslaw type)
- 5 medium garlic cloves, minced
- 1-1/2 tsp ginger, minced
- 1/2 large head of cabbage, sliced into strips (5 cups)
- 2 cups bean sprouts
- 1 large egg
- 1/2 cup thin sliced green onions
- 1-1/2 oz peanuts, weighed then chopped/crushed
- Cilantro, finely chopped, to garnish

Servings Info.:

Yield: 10 cups

Servings: 8

Serving Size: 1-1/4 cups



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- last checked 11/27/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Combine chicken, soy sauce & baking soda mixture. Set aside 20-30 minutes. In one bowl, mix together all the sauce & 'tamarind paste' ingredients. Set aside.



2. (A) Heat a LARGE pan over medium high heat for 1 minute. Using cooking spray, cook the chicken till just cooked through, around 4 minutes. Set chicken aside. (B) Add shrimp to pan, cook till just cooked through, around 2 minutes per side. Remove from pan. (C) Add onions, carrots, garlic and ginger, turn heat up to High. Cook for 3 minutes, then (D) add the cabbage and bean sprouts. Toss to combine.



3. (A) Cover with a lid, then cook the veggies on high heat for 2 minutes. Tossing/stirring once or twice, letting the cabbage wilt a bit. (B) Use a spoon to push all veggies to the side, creating a 'well' in the center of the pan. Spray with cooking spray, then crack an egg into the center. Scramble the egg, till cooked, in the center of the pan. Once the egg is cooked, stir the broken bits into the vegetables. (C) Add the chicken and shrimp back into the pan, along with the green onions. Toss to combine. Pour in the sauce and the tamarind paste substitute. Cook for 2 minutes or so, tossing till all ingredients are well coated. (D) Add the cooked rice noodles into the pan, toss and fold, till the noodles are thoroughly coated and dark with the sauce. Pour onto a platter, garnish with chopped peanuts and fresh chopped cilantro.

NOTES:

- **RICE NOODLES:** You can find 'pad thai style rice noodles' in the Asian food aisle of most major grocery stores. They may also be called 'stir fry rice noodles'. They look similar in shape and size to linguine however, they are white inside of their packaging. Cook according to package directions, then set aside. The brand I used gives 8oz dry noodles for 23 points.
- **CARROTS:** Ok, this caused some confusion in prior recipes. When I say 'shredded carrots', I mean the bagged, shredded carrots you find in the produce department of your grocery store. The carrots are in long, very, very thin matchsticks, like you'd find in coleslaws. They aren't truly shredded, like you'd get from a hand grater.
- **TAMARIND PASTE SUBSTITUTE:** Traditional Pad Thai uses Tamarind Paste to greatly enhance the flavor of the dish. Unfortunately, it's very high in points and is actually difficult to find at most grocery stores. Most food bloggers get around it by simply using ketchup as a substitute... which is a sucky and lazy substitute. I found 'my' substitute on an obscure Thai Cooking resource. It is a pretty decent substitute for the flavor profile that you'd get from the real stuff. If you don't want to use my Tamarind substitute, go the lazy route and use ketchup... but who wants lazy, when you can have delicious.
- **MOLASSES:** Tamarind paste has a very unique flavor. Above, I mention a couple of the ingredients used in my substitute for it, in this recipe. One that I wanted to give special mention to is Molasses. Molasses has a very tart, deep flavor, which is similar to Tamarind. Along with the soy sauce, ketchup, brown sugar substitute and lemon juice... this little bit of molasses in the recipe also helps round out the flavors and give a taste much closer to a REAL Pad Thai, than you'll find in regular 'skinny blogger' recipes, which all call for simply using plain ol' Ketchup for the Tamarind substitute.

