



The Micheff Sisters and Mom!

“Noodle It” (10-26-16)

Vegetable Pad Thai

Ingredients:

- 4 cups cooked stir-fry rice noodles (according to package directions)
- 1 medium onion, diced fine
- 1 clove garlic, minced
- 1-14 oz. package extra firm water packed tofu, drained, rinsed, squeezed, and cut into bite-sized pieces
- dash salt
- 1 tsp blackened seasoning
- 1 cup small broccoli florets
- 1 cup snow peas, cut at angle in thirds
- ½ cup carrots, julienned

Sauce:

- 1 tsp Better than Bouillon No Chicken Base
- 2 Tbsp Bragg Liquid Aminos
- 1 tsp red curry paste
- 1 cup water
- ¼ cup Thai sweet chili sauce
- ½ tsp red pepper flakes
- 2 Tbsp fresh lime juice
- ½ cup crunchy peanut butter
- crushed peanuts for garnish
- lime wedges



Directions:

Cook noodles according to package directions. Drain and set aside. For the sauce, combine all ingredients in a medium-sized saucepan. Bring to a simmer and cook for 1-2 minutes. Set aside.

Spray a large skillet with non-stick cooking spray. Over medium-high heat, sauté the onion and garlic until onion is clear. Place in a small bowl and set aside. Spray the pan with non-stick cooking spray. Add tofu and blackened seasoning. While sautéing, stir to coat tofu with seasoning. Continue to cook until all sides are seared. Add onions and garlic back to pan. Add pea pods and carrots and sauté over medium-high heat until vegetable are crunchy tender. Then add noodles and sauce. Mix well. Serve with fresh lime wedges and garnish with crushed peanuts.

*Be careful not to overcook noodles

Brenda Walsh