

30 Minute Tofu Pad Thai

Cooking Instructions

1. Press tofu with a heavy pan to release moisture. Cut into small squares.
2. Heat oil over medium heat and cook tofu, turning onto a new side every few minutes. Turn heat to low and add red pepper flakes, 2 teaspoons of soy sauce, carrots, pepper, and garlic. Stir for a few minutes.
3. While tofu is cooking, prepare noodles by soaking beforehand if needed. Follow instructions to cover, usually 5-6 minutes.
4. Mix remaining soy sauce, chili garlic sauce, lime juice, and fish sauce together. Season with brown sugar if desired. (For a creamier sauce, add 1 tablespoon peanut butter to sauce).
5. Add noodles and sauce to tofu. Stir gently to combine. Add green onions and bean sprouts. Top with lime and any extra toppings for more flavor!

Recipe

- 1 lbs Tofu drained and pressed
- 1 tablespoon sesame oil
- 2 cups shredded carrots
- 1 package bean sprouts
- 2-3 large garlic cloves chopped
- ½ cup green onions chopped
- 1 package rice noodles (thin or pad thai)
- 1 teaspoon black pepper
- Pinch of red pepper flakes
- 2 tablespoons soy sauce
- 2 teaspoons chili garlic sauce
- 2-3 tablespoons lime juice (about 2 limes)
- 1-2 teaspoons fish sauce or Worcestershire sauce
- Brown sugar
- 1-2 tablespoons chopped peanuts
- Toppings –lime, cilantro, peanut sauce, and sracha

Grocery List – Add optional ingredients as desired

Produce

- 2 cups shredded carrots
- 1 package bean sprouts
- garlic
- 2 limes plus more for garnish
- 1 bunch green onion

Protein

- 1 package Tofu (usually by dairy or health food aisles)

Canned Goods

- rice noodles
- chili garlic sauce
- fish sauce
- peanuts

Pantry Items

- pepper
- red pepper flakes
- sesame oil
- soy sauce
- brown sugar