



PEANUTTY PAD THAI

with Tofu, Julienned Carrots and Snow Peas



HELLO PAD THAI

A popular street food in Thailand, this noodle staple has become a favourite all over the world

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 654**



Extra-Firm Tofu



Shallot



Garlic



Cilantro



Ketchup



Lime



Long Red Chili



Rice Noodles



Peanuts, chopped



Sesame Oil



Soy Sauce



Hoisin Sauce



Carrot, julienned



Snow Peas, trimmed

BUST OUT

- Medium Pot
- Salt and Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Strainer

INGREDIENTS

2-person

- Extra-Firm Tofu 4 1 pkg
- Shallot 1
- Garlic 1 pkg (10 g)
- Cilantro 1 pkg (10 g)
- Ketchup 9 1 pkg (1 tbsp)
- Lime 1
- Long Red Chili 1
- Rice Noodles 1 pkg (150 g)
- Peanuts, chopped 7 1 pkg (28 g)
- Sesame Oil 8 1 pkg (1 tsp)
- Soy Sauce 1,4 4 pkg (2 tbsp)
- Hoisin Sauce 1,4,8 1 pkg (3 tbsp)
- Carrot, julienned 1 pkg (113 g)
- Snow Peas, trimmed 1 pkg (227 g)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

START STRONG

In Thailand, the garnishes are served on the side. Serve the cilantro, peanuts, chili and lime wedges in little dishes at the dinner table and let everyone customize their own dish!



1 PREP Wash and dry all produce.* Bring a medium pot of **salted water** to a boil. Pat the **tofu** dry with paper towels, then cut into $\frac{3}{4}$ -inch cubes. Thinly slice the **shallot**. Mince or grate the **garlic**. Roughly chop the **cilantro**. Cut the **lime** into wedges. Finely chop the **chili**, removing the seeds for less heat.



4 COOK VEGGIES Reduce the heat to medium. Add the **sesame oil** to the same pan, then the **shallot**. Cook, stirring occasionally, until softened, 1-2 min. Add the **carrots**, **snow peas** and **garlic**. Cook, stirring occasionally, until the veggies are tender-crisp, 3-4 min.



2 COOK NOODLES Add the **rice noodles** to the boiling water. Reduce the heat to medium. Cook, stirring occasionally, until the rice noodles are tender, 10-12 min.



5 ASSEMBLE Drain and rinse the **noodles** under cold running water. (**TIP:** "Shocking" the noodles with cold water will keep them from sticking to each other!) Stir the **soy sauce**, **hoisin sauce** and **ketchup** into the veggies. Add the noodles and **tofu**. Stir to coat the noodles with the sauce.



3 COOK TOFU Meanwhile, heat a large non-stick pan over medium-high. Add a drizzle of **oil**, then the **tofu**. Season with **salt** and **pepper**. Cook, turning the cubes often, until golden-brown all over, 5-7 min. Transfer the tofu to a plate.



6 FINISH AND SERVE Divide the **pad Thai** between bowls. Sprinkle with the **cilantro**, **peanuts** and **chili**. Squeeze over a **lime wedge**.

AROY DEE!

That means 'delicious' in Thai!

