

Pad Thai

Ingredients

200g flat noodles
2 tbsp oil
2 green spring onions sliced
2 garlic cloves minced
1-2 hot chillies or none, up to you
2 carrots julienned
200g green beans finely cut
½ broccoli cut into florets
1 zucchini or 1 red capsicum julienned

Sauce

Juice 1 lime
1 tbsp tamari
2 tbsp fish sauce (find recipe here
<https://www.veets.com.au/blog/curing-my-childhood-nostalgia-green-papaya-salad-som-tum>)
1-2 tbsp maple syrup

Garnish

Fresh coriander preferably but I only had mint
1 cucumber julienned
¼ cup peanuts – but I used walnuts instead

Method

1. Cook the noodles as per packet instructions. Be sure to cool them down with water after they have cooked so they don't keep cooking. You want the noodles to be al dente.
2. Mix the sauce ingredients together.
3. Heat the oil in the wok and fry the onions and garlic for a few minutes then add all of the veg and cook for up to 5 minutes. You want them to be still crunchy.
4. Add the sauce and stir until it heats up and fold in the noodles until heated through. Will only take a few minutes.
5. Garnish with walnuts, coriander and cucumber.