

Rainbow Pad Thai

Yield: 6 1 cup servings

For the Pad Thai:

8oz pad Thai noodles
2 medium-sized carrots, spiralized
1 zucchini, spiralized
1 red pepper, julienned
½ yellow onion, julienned
½ cup red cabbage, thinly sliced
½ cup fresh bean sprouts
1 tablespoon sesame oil
1 tablespoon vegetable oil
2 large eggs beaten
½ cup peanuts, shelled, unsalted, and dry roasted
¼ cup fresh basil, chopped
2 limes(optional), wedged into 4 piece

For Sauce:

6 tablespoons vegan fish sauce
6 tablespoons light brown sugar
¼ cup white vinegar
2 tablespoons soy sauce
2 tablespoons sambal oelek (chili paste)

For the Vegan Fish Sauce:

½ cup shredded wakame seaweed
2 cups water
2 large cloves garlic, crushed but not peeled
1 teaspoon black peppercorn
1/3 cup mushroom soy sauce
1 teaspoon red miso paste

Method of Prep for Pad Thai

1. Place uncooked noodles into a large bowl of cold water to soak for 15 minutes or until tender.
2. Put all ingredients for the sauce in bowl and stir until all ingredients are combined.
3. Combine carrots, zucchini, red peppers, yellow onion, red cabbage, and bean sprouts in a large bowl and set aside.
4. Heat sesame oil over medium high heat in a large wok, add vegetables and stir fry for five minutes or until tender crisp. Transfer vegetables into a large bowl and set aside.
5. Drain the noodles. Set aside. Add vegetable oil to wok, add reserved noodles to hot wok and stir fry quickly, for a minute or two using tongs to toss.
6. Add the sauce and stir fry for two minutes, or until the sauce begins to thicken and stick to the noodles.
7. Push the noodles aside in the wok.
8. Pour the eggs into the wok on the cleared side and let sit for about 30 seconds. Toss well with the tongs. The egg mixture will stick to the noodles and everything will start getting sticky
9. Add in the vegetables, toss together and remove from heat.
10. Stir in peanuts and herbs.
11. Serve immediately with lime; if desired.

Method of Prep for Vegan Fish Sauce

1. Combine wakame, garlic, peppercorns, and water in a medium sauce pot and bring to a boil.
2. Lower heat and simmer for 20 minutes.
3. Strain and return the liquid back to the pot.
4. Add soy sauce, bring back to a boil and cook until mixture is reduced and almost unbearably salty.
5. Remove from heat and stir in miso.

References

Pad Thai recipe from “Pinch of Yum” <https://goo.gl/WHbQuL>

Vegan fish sauce recipe from “Kitchnn” <https://goo.gl/BbI8HC>



