

VEGGIE PAD THAI

CRISPY FRIED EGGS, SPECIAL TAMARIND & TOFU SAUCE, PEANUT SPRINKLE

SERVES 2 | 30 MINUTES

150g rice noodles
sesame oil
20g unsalted peanuts
2 cloves of garlic
80g silken tofu
low-salt soy sauce
2 teaspoons tamarind paste
2 teaspoons sweet chilli sauce
2 limes
1 shallot
320g crunchy veg, such as
asparagus, purple sprouting
broccoli, pak choi, baby corn
80g beansprouts
2 large eggs
olive oil
dried chilli flakes
½ a cos lettuce
½ a mixed bunch of fresh, basil,
mint and coriander (15g)

Cook the noodles according to the packet instructions, then drain and refresh under cold running water and toss with 1 teaspoon of sesame oil. Lightly toast the peanuts in a large non-stick frying pan on a medium heat until golden, then bash in a pestle and mortar until fine, and tip into a bowl. Peel the garlic and bash to a paste with the tofu, add 1 teaspoon of sesame oil, 1 tablespoon of soy, the tamarind paste and chilli sauce, then squeeze and muddle in half the lime juice.

Peel and finely slice the shallot, then place in the frying pan over a high heat. Trim, prep and slice the crunchy veg, as necessary, then dry-fry for 4 minutes, or until lightly charred (to bring out a nutty, slightly smoky flavour). Add the noodles, sauce, beansprouts, and a good splash of water, toss together over the heat for 1 minute, then divide between serving bowls.

Wipe out the pan, crack in the eggs and cook to your liking in a little olive oil, sprinkling with a pinch of chilli flakes. Trim the lettuce, click apart the leaves and place a few in each bowl. Pop the eggs on top, pick over the herbs, and sprinkle with the nuts. Serve with lime wedges for squeezing over, and extra soy, to taste.

If you want to make this dish vegan, remove the eggs and serve with extra cubes of tofu, marinated in soy and lime juice.

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
593kcal	19g	3.8g	26.4g	83.5g	10.7g	1.3g	8.3g