

# Vegetarian Pad Tai

## Ingredients:

- 8 ¼ ounce pad tai noodles
- 8 ¼ ounce extra firm tofu
- 5 ¼ corn starch
- ¼ tsp. ground black pepper
- ¼ tsp. salt
- ¼ tsp. cayenne pepper
- 2 ¼ tsp. canola oil
- 2 Serrano chili peppers
- 2 ¼ tsp. brown sugar
- 5 ¼ low sodium soy sauce
- 2 tbsp. lime juice
- 5 ¼ tsp. water
- 6 oz. snow peas
- 1 ¾ cup bean sprouts
- ½ cup green onion, chopped



## Nutrition Facts

Serving Size 1 cup (227g)  
Servings Per Container 4

Amount Per Serving

**Calories 310**      Calories from Fat 50

% Daily Value\*

**Total Fat 6g** **9%**

    Saturated Fat 0g **0%**

    Trans Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 290mg** **12%**

**Total Carbohydrate 54g** **18%**

    Dietary Fiber 5g **20%**

    Sugars 8g

**Protein 13g**

Vitamin A 4%      •      Vitamin C 35%

Calcium 15%      •      Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Directions:

1. Prepare the noodles following the packet instructions; rinse thoroughly under cold water, set aside.
2. Combine the corn starch with the pepper, salt, and cayenne pepper, toss in the cubed tofu with a small squeeze of lime juice, coat the tofu evenly in the corn starch mixture.
3. Heat oil in a wok or frying pan, stir fry the tofu over a medium/high heat, shaking the wok frequently until the tofu is golden on all sides, remove from the wok and set aside.
4. Heat oil in the same wok, over a medium heat add the minced chili, brown sugar and soy sauce, toss quickly allowing the sugar to dissolve.
5. Add the prepared noodles with the lime juice and 2 tablespoons of water, continue to toss the noodles over a medium/high heat.
6. Add the prepared tofu, toss well and then add the, snow peas, bean sprouts and green onions, tossing well until heated through.