

Kan Tong  
Thin Rice

## Vegetarian Pad Thai

### INGREDIENTS

- 1 Medium Zucchini
- 2/3 large carrots
- 250g firm tofu, in small cubes
- 3-4 spring onions, thinly sliced
- 2.5 cups bean shoots, rinsed - put out small pot.
- 1 cup snow peas, trimmed and halved
- 4 cloves of garlic, finely chopped
- 1 thai red chili

celery  
1/2 head Broccoli.

- 1/4 cup soy sauce
- 1/4 cup water
- 1/4 cup tomato paste
- 2 TBSP rice vinegar
- 1.5 TBSP sugar
- 1/2 teasp chili flakes
- 1 lime
- 1/2 cup chopped coriander
- 300g flat rice noodles

Vegetable oil for cooking

### METHOD

#### VEGETABLE PREPERATION

1. Wash Carrots and Zucchini and then cut in half LENGTHWISE. With a peeler, peel long ribbons down the length of these vegetables. (DO not peel through to seeded part of zucchini)
2. Dice tofu into cubes and thinly slice spring onions
3. Drain rinsed Bean Shoots and Peas- trim peas and cut in half
4. Crush garlic or finely chop.
5. Finely chop red chili

**SAUCE**

1. Whisk together soy sauce, water, tomato paste, rice vinegar, sugar and red chili flakes

**NOODLES**

1. Prepare noodles by placing in boiling water for approx 3-5 minutes. The noodles should not be 100% cooked through as they will go into the final pan for toss through.

**COOKING**

1. heat a large fry pan over medium-high heat. Add 2 TBSP oil and then tofu cubes. Fry until golden brown, stir occasionally. Set aside once cooked on a plate
2. add 2 more TBSP oil to the pan. Add garlic, chilli and fry for about 1 minute. Quickly add the spring onions, bean sprouts and snowpeas. Fry for 2 minutes. Add the zucchini and carrots and mix through.
3. Fry for 2-3 minutes- vegies should wilt a little bit.
4. Add the tofu and half of the sauce. Stir constantly for 2 minutes.
5. Add the noodles and the remaining sauce, toss thorough for 2 minutes. The dish should be moist but not mushy.
6. Serve immediately with coriander