

Tofu Pad Thai

with Roasted Peanuts

hellóchef

This vegan version of the Thai classic uses tofu instead of eggs!

Cals 615 • Prot 39 • Carbs 56 • Fat 31

Vegan

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🕒 cook: 35 min

R2717



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Pad Thai	2 ppl	3 ppl	4 ppl	
Snow peas	100	150	200	Grams
Garlic cloves	3	4	6	Piece
Carrot	1	1	2	Piece
Rice noodles	100	150	200	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Bean sprouts	50	75	100	Grams
Salted peanuts 1*	40	60	80	Grams
Fresh coriander	15	15	30	Grams

Sauce				
Chilli flakes	2	2	4	Grams
Soy sauce 9*, 10*, 11*	30	40	60	ML
Sweet soy sauce 9*, 10*, 11*, 14*	15	15	30	ML
Tamarind paste	15	22	30	Grams
Sesame oil 3*, 9*	15	22	30	ML
Brown sugar	10	15	20	Grams
Lime	1	2	2	Piece

Eggs				
Firm tofu 9*	300	500	600	Grams
Nutritional yeast	4	4	8	Grams
Black salt	2	2	4	Grams
Garlic powder	2	2	4	Grams
Turmeric powder	2	2	4	Grams
Vegetable oil	1	2	2	Tbsp

Allergens

*1 Peanuts, *9 Soya, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2574 / 615
Fat (g)	31
of which saturates (g)	4.2
Carbohydrate (g)	56
of which sugars (g)	18.5
Fiber (g)	12
Protein (g)	39.4
Salt (g)	8.9

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Trim and slice the **snow peas**. Peel and mince the **garlic**. Peel and grate the **carrot**. Boil a kettle.



2 Prep sauce

In a bowl, combine a pinch of **chilli flakes (spicy!)**, the **soy sauce**, **sweet soy sauce**, **tamarind paste**, **sesame oil** and **brown sugar** with the juice of half of the **limes**. Slice the remaining **limes** into wedges. Add the **rice noodles** to a second, larger bowl and cover them with boiling water. Leave to soak for 5 min.



3 Blitz 'eggs'

Meanwhile, in a second bowl, mash the **tofu** with a fork, leaving some bits chunky. Add the **nutritional yeast**, **black salt**, **garlic powder** and a pinch of **turmeric**. Mix well.

Tip! To speed things up, you can use a food processor to do this.



4 Fry tofu

Heat a large pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **tofu** mix and cook for 5 min, stirring, until starting to crisp. Transfer the **tofu** to a bowl and keep warm. Reserve the pan.



5 Fry vegetables

Return the pan to a high heat with another drizzle of **vegetable oil**. Once hot, add the **carrots**, **garlic** and **snow peas**. Stir-fry with a pinch of **salt** for 2 min. Drain the **noodles** and add them to the stir-fry along with the **bean sprouts**. Stir-fry for a final 2 min.



6 Serve

Finally, remove the pan from the heat and add the **sauce**. Give everything a good mix up. Divide among plates and top with the **tofu scramble**. Garnish with the **peanuts**, **coriander** and remaining **lime** wedges.

Tip! Got too much tofu? Serve leftovers as a scrambled egg substitute with breakfast!