

Pad Thai

A quick, budget-friendly stir-fried noodle dish made with brown rice noodles, fresh vegetables, and a tangy-sweet sauce for a flavorful, customizable meal.

Makes: 5 Servings
 Prep Time: 10 minutes
 Cook Time: 30 minutes

Source: University of Rhode Island

Ingredients

- 3 tablespoons brown sugar, lightly packed
- 3 tablespoons water
- 3 tablespoons apple cider vinegar
- ½ tablespoon fish sauce (optional)
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon vegetable oil
- 3 cloves garlic, roughly chopped
- 1 large shallot, diced
- 1 cup daikon radish, finely diced*
- 1 teaspoon crushed red pepper
- 2 eggs
- 2 cups bean sprouts, loosely packed
- 10 stalks chives, chopped
- ¼ cup unsalted roasted peanuts, roughly chopped (optional)
- 1 tablespoon lime juice
- 1 (14 ounce) box brown rice noodles

Directions

1. In a saucepan over medium heat, add sugar, water, vinegar, fish sauce, and soy sauce. Bring to a simmer, then turn off heat and let stand.
2. Cook rice noodles according to package directions.
3. While noodles are cooking, heat oil in a medium saute pan over medium heat. Add garlic, shallot, radish, and crushed red pepper. Cook until fragrant and golden, about 5 minutes.
4. Cut cooked rice noodles in half using scissors, and add them to saute pan with brown sugar sauce. Toss until well-combined.
5. Push noodles to one side of pan, and add eggs to empty side of pan. Scramble until cooked, then mix in noodles.
6. Add bean sprouts, chives, peanuts, and lime juice, and toss well. Serve and enjoy hot.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	440
Total Fat:	10g
Saturated Fat:	2g
Cholesterol:	75mg
Sodium:	320mg
Total Carbohydrates:	77g
Dietary Fiber:	3g
Total Sugars:	11g
Added Sugars:	5g
Protein	12g

Utensils Needed

- Large skillet
- Medium pot
- Mixing bowl
- Cutting board
- Knife
- Measuring cups & spoons
- Wooden spoon or spatula
- Tongs
- Colander/strainer



SHOPPING LIST

Average total cost without oil and seasonings: \$14.90

Average cost/serving: \$2.98

Makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Brown rice noodles



Add 1 to Cart
Eggs



Add 1 to Cart
Unsalted roasted peanuts



Add 1 to Cart
Daikon radish



Add 1 to Cart
Chives



Add 1 to Cart
Shallot



Add 1 to Cart
Bean sprouts



Add 1 to Cart
Garlic clove

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Leftover proteins in your fridge are great to add to this recipe, like cooked fish or chicken.

Similar Recipes

- Seasoned Bean Sprouts
- Five Happiness Fried Noodles

