Nutriplanet

VEGAN PAD THAI (Nele Liivlaid)`

The Sauce
- 1 tbsp + 2 tsp peanut butter
- 1 tbsp balsamic vinegar
- 2 tbsp tamari
- 1 tbsp coconut sugar/date paste, syrup or sugar
- 4 tbsp water

The Noodles:
- 3.5 oz brown rice noodles

The Veggies:
- 1 small onion, chopped
- 3 garlic cloves, chopped
- Small piece of fresh ginger, chopped
- 8 oz button mushrooms, sliced
- 1 cup Chinese cabbage (pe-tsai), shredded
- 1 medium carrot, grated coarsely
- One small summer squash, grated coarsely

The Tofu:
- 1/2 lb marinated or roasted tofu (see Ed. Note)

Instructions:
- Start by preparing all the veggies. First, chop onion, garlic, and ginger. You can put those in the same bowl as they go in together.
- Then, slice Chinese cabbage and mushrooms. Keep them separate, as the mushrooms go in sooner than the cabbage.
- And finally, coarsely grate carrot and zucchini.
- Next, in a small bowl, mix the vegan pad thai sauce ingredients, i.e., peanut butter, tamari, coconut sugar, balsamic vinegar, and water. You can choose a whole food sweetener like date paste instead of coconut sugar.
- Now, before you start to work with your veggies, place the rice noodles in a big bowl and fill you kettle with water. However, don't boil it yet!
- Heat a large pot or saucepan and throw in slices mushrooms. Fry them dry until the water starts separating. You need to stir them occasionally.
- Now, add onion, garlic, and ginger and a splash of water. Mix everything through and let them sauté with lid on for a couple of minutes.
- Then, add the rest of the veggies with tofu cubes and stir well. Let them sauté or stir-fry them for about 3-4 minutes.
- When the veggies are cooking, boil a kettleful of water and pour it over brown rice noodles. Let sit for 2-3 minutes (see the package for exact instructions).
- Finally, drain the noodles and add them to the sautéed veggies along with the pad thai sauce and stir. Serve immediately.
- Optionally, add some chopped scallions, coriander or parsley, and chopped peanuts or almonds.

Cook's Notes:

- Feel free to use tamarind paste instead of balsamic vinegar.
- You may use dark miso paste instead of tamari (if you're concerned about the sodium content). Apparently, the beneficial elements of fermented soybeans outweigh any negative effects from sodium.

Editor's Note: You can use the Roasted Marinated Tofu recipe that follows, if you wish.

ROASTED MARINATED TOFU (C. Barnett)

1 lb firm or extra-firm tofu (not silken)
1 or 2 tbsp soy sauce or Bragg's Aminos
1 or 2 tbsp rice vinegar or cider vinegar
1/2 tsp garlic powder
1/2 tsp ground ginger (optional)
1 tsp toasted sesame oil

Dice the tofu or cut it into strips. Lay the tofu on a lightly-oiled cookie sheet. In a separate small bowl, mix together the sauce ingredients, and pour them over the tofu. Preheat oven to 350 degrees. Bake the tofu 10-12 min. on each side, turning once.



Nele Liivlaid of Nutriplanet offers only oil-free WFPB recipes.