FRESH & COOL

Vegan Pad Thai with Crispy Tofu

PREP	COOK	SERVES
20 min	15 min	3

Vegan Vegetarian

Rice noodles in a sweet, sour and salty tamarind sauce with crispy tofu, bean sprouts, peanuts and lime.

Ingredients

- 200 g flat rice noodles
- 200 g firm tofu, pressed and cubed
- 3 tbsp oil
- 3 cloves garlic, chopped
- 2 spring onions, sliced
- 150 g bean sprouts
- 2 carrots, cut into matchsticks
- 50 g roasted peanuts, crushed
- Lime wedges and coriander, to serve

Sauce

- 3 tbsp tamarind paste
- 3 tbsp soy sauce
- 2 tbsp brown sugar
- 1 tbsp rice vinegar
- 1/2 tsp chilli flakes

Method

1. Soak the noodles in hot water for 8 to 10 minutes until flexible but still firm, then drain.
2. Stir the sauce ingredients together in a small bowl until the sugar dissolves.
3. Fry the tofu in 2 tablespoons of oil in a large pan or wok for 6 to 8 minutes until golden and crisp. Set aside.

4. Add the remaining oil, the garlic and carrot and stir-fry for 1 minute. Add the noodles and the sauce and toss for 2 to 3 minutes until the noodles have soaked it up.
5. Add the tofu, bean sprouts and spring onions and toss for 1 minute more.
6. Serve with peanuts, coriander and lime wedges.

Cook's tip

Do not over-soak the noodles. They finish cooking in the sauce, and soft noodles turn to mush in the pan. Check the tamarind paste is pure, as some brands add fish.