

CULINARY DISCOVERY PAVILION

Sponsored by

MidwestLiving
A DOTDASH MEREDITH BRAND

PAD THAI

Recipe by: Sue Hudson, CultureALL

Country: Thailand

INGREDIENTS

- 200 g rice noodles
- 2 TBSP tamarind paste
- 3 TBSP fish sauce
- 1 TBSP soy sauce
- 2 TBSP brown sugar
- 1 tsp. chili powder (optional)
- 2 TBSP vegetable oil
- 200 g shrimp, peeled and deveined, OR chicken (optional)
- 2 eggs, lightly beaten
- 3 cloves garlic, minced
- 1 red bell pepper, thinly sliced
- 1 carrot, julienned
- 3 green onions, chopped
- 100 g bean sprouts
- 1/4 cup roasted peanuts, crushed
- 1 lime, cut into wedges
- Fresh cilantro, chopped (for garnish)

INSTRUCTIONS

- 1. Prepare the noodles:** Soak the rice noodles in warm water for about 20-30 minutes or until soft. Drain and set aside.
- 2. Prepare the sauce:** In a small bowl, mix together the tamarind paste, fish sauce, soy sauce, brown sugar and chili powder (if using). Adjust the ingredients to taste. Set aside.
- 3. Cook the protein:** Heat 1 tablespoon of vegetable oil in a large pan or wok over medium-high heat. Add the shrimp or chicken and cook until it is fully cooked and slightly browned. Remove from the pan and set aside.
- 4. Cook the eggs:** In the same pan, add another tablespoon of vegetable oil. Pour in the beaten eggs and scramble until they are fully cooked. Break the eggs into small pieces with your spatula. Remove from the pan and set aside with the cooked shrimp or chicken.
- 5. Sauté the vegetables:** Add the minced garlic to the pan and sauté for about 30 seconds until fragrant. Add the sliced bell pepper, julienned carrot, and green onions. Stir-fry for 2-3 minutes until the vegetables are tender-crisp.
- 6. Combine ingredients:** Add the soaked and drained rice noodles to the pan. Pour the prepared sauce over the noodles. Toss everything together until the noodles are evenly coated with the sauce.
- 7. Add protein and eggs:** Return the cooked shrimp or chicken and scrambled eggs to the pan. Add the bean sprouts and continue to stir-fry for another 2-3 minutes until everything is heated through.
- 8. Garnish and serve:** Transfer the Pad Thai to a serving platter. Sprinkle the crushed roasted peanuts over the top. Garnish with fresh cilantro and serve with lime wedges on the side for squeezing over the dish.
- 9. Optional adjustments:** Taste the Pad Thai and adjust seasoning as needed with additional fish sauce, soy sauce, or lime juice.

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