RECIPE

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

Small Changes, BIG Difference!

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.

Protein Grains Vegetables

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

SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

This institution is an equal opportunity provider.
SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.