

Shrimp Pad Thai with Creamy Peanut Sauce



If you love restaurant pad thai you can be rest assured that this version is packed full of healthy oils, vegetables, flavorful protein and fiber!

Author: MyRD Nutritionist

Cuisine: Thai

Ingredients

- one box brown rice noodles
- 2 tablespoons canola oil
- 2 garlic cloves, minced
- 4 shallots finely chopped or alternatively, 1/2 onion, finely chopped
- lots of shrimp 1-2 cups bay shrimp
- 2 eggs, lightly beaten
- 2 cups cabbage (sliced thin to angel hair style)
- one cups shredded carrots (optional)
- 2 tbsp. peanut butter
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Sauce

- 4 tbsp. lime or lemon juice
- 3 tbsp. fish sauce
- 2 tbsp. sugar
- 1-2 pinches or crushed chilies or pepper flakes
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Garnish

- 2 tbsp. fresh cilantro, chopped
- 3 tbsp. scallions, thinly sliced

Instructions

1. Cook noodles according to package instructions
2. top with peanut butter to prevent sticking and to warm the peanut butter mix gently and set aside
3. Mix ingredients for sauce: lemon juice, fish sauce, sugar and chilies and set aside
4. Heat pan over high heat and add 1 tbsp. oil garlic, shallot or onions and shrimp. Cook 2-3 minutes until shrimp are opaque, add in cabbage and cook 3 minutes longer and set aside.
5. Add remaining 1 tbsp. of oil and 2 eggs and scramble.
6. Reduce heat to low, add sauce and noodles.
7. Toss until well mixed
8. Add shrimp mixture
9. Garnish with cilantro and scallions.
10. Thai comfort food the whole family will LOVE.

Nutrition Information

Serving size: 2 cups Calories: 371 Fat: 16 Saturated fat: 2.8 Carbohydrates: 28.4 Sugar: 12 Sodium: 1370
Fiber: 4 Protein: 21 Cholesterol: 193

Recipe by MyRD Nutritionist at <http://myrdn.com/shrimp-pad-thai-creamy-peanut-sauce/>