

Super Simple Pad Thai

INGREDIENTS

- 1/2 to 1 package THM noodles (per person)
- 2 tbsp. coconut oil
- 2 tbsp. lime juice
- 2 tbsp. xes sweetener or THM Gentle Sweet
- 1/8 tsp molasses
- 1 tbsp. fish sauce or oyster sauce
- 1 tbsp. soy sauce or Bragg's liquid aminos
- 1/4 tsp. cayenne pepper
- 1/4 tsp. mineral salt
- 2 bell peppers (thinly sliced)
- 2 cloves garlic (minced)
- 2 eggs (lightly whisked)
- 1 lb. protein (shrimp or chicken)
- 2 green onions (thinly sliced)
- 1/4 c. roasted peanuts (chopped)

DIRECTIONS

1. In a small bowl, whisk together lime juice, sweetener, molasses, fish sauce, soy sauce, and cayenne pepper and salt. Set aside.
2. In a large pan over medium-high heat, heat oil. Add bell pepper and cook until tender, about 4 minutes. Stir in garlic and cook until fragrant, about 1 minute more.

3. Add the noodles and protein and cook until the meat is done.
4. Pour in the sauce mixture and toss until the noodles are coated.
5. Push everything to one side of the pan and pour in the egg.
Scramble until just set then mix everything together.
6. Garnish with green onions and roasted peanuts before serving.

This is a very simple recipe. You can always “plus it up” by adding more of your favorite non-starchy veggies to the mix!