



# Easy Tofu Pad Thai

🕒 30 min    🍽️ 4 servings

467 Kcal / serving

15g Protein   14g Fat   76g Carbs

## Ingredients

- Tamarind paste / concentrate\* ), 1.5 tsp (10.5 g)
- Cilantro, 1 serving (0.1 g)
- Lime juice, 1.5 tablespoons (22.5 g)
- Carrot, 1 carrot (64 g)
- Green onions, 1 cup, chopped (100 g)
- Sesame oil ), 1 tablespoon (14 g)
- Garlic, 2 (6 g)
- Bean sprouts, 1 servings (1 g)
- Vegetarian fish sauce ), 1 teaspoon (6 g)
- Roasted peanuts, 0.3 cup (48.7 g)
- Pad thai rice noodles ), 8 oz (226.8 g)
- Extra tofu, 1 cups (248 g)
- coconut aminos, 1 tbsp (15 g)
- coconut sugar, 3.5 tbsp (43.8 g)
- chili garlic sauce, 1 serving (5 g)
- thai chilies, 2 (90 g)
- coconut aminos, 1 tbsp (15 g)
- lime wedges, 1 serving (1 g)
- peanut sauce, 1 serving (1 g)
- chili garlic sauce, 1 serving (5 g)



## Instructions

To a small saucepan, add tamarind, coconut aminos, coconut sugar, chili garlic sauce, lime juice, and vegetarian fish sauce (optional) and heat over medium heat until just simmering. Cook for 30 seconds, stirring occasionally, then turn off heat. Set aside.

Ensure all stir fry ingredients are prepped, including cubed (briefly&nbsp;pressed) tofu, chopped green onions, minced garlic, bean sprouts, and chopped peanuts. If serving with peanut sauce (optional), prepare at this time.

Add Pad Thai noodles to a large bowl and cover with just boiling water. Stir and cover and cook according to package instructions (usually about 5-6 minutes or until al dente).

Drain noodles and toss with a little sesame oil to prevent sticking. Set aside.

Heat a large-rimmed skillet over medium heat. Once hot, add oil and tofu and sauté for about 4 minutes, turning occasionally so it browns on all sides. Add red pepper flakes or Thai chilies, garlic, and coconut aminos (be careful, as the coconut aminos can splatter). Toss gently to combine until garlic is just slightly browned.&nbsp;

Add noodles, Pad Thai sauce, bean sprouts, green onions, and peanuts and cook over medium-high heat, tossing occasionally (tongs are most useful) for about 2-3 minutes or until the sauce has coated everything and the dish is hot.

To serve, plate with additional garnishes such as lime wedges, bean sprouts, peanut sauce, shredded carrot, cilantro, and sriracha or chili garlic sauce (all optional).

Leftovers will keep in the refrigerator for approximately 3-4 days.

**Source:** <https://minimalistbaker.com/easy-tofu-pad-thai/>

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1867.2	202.2	466.8
Protein [g]	61.2	6.6	15.3
Fat [g]	57.3	6.2	14.3
Carbs [g]	302.6	32.8	75.7
Fiber [g]	44.7	4.8	11.2
Net Carbs [g]	257.9	27.9	64.5



## Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	581.4	63	145.4
Iron, Fe [mg]	23.4	2.5	5.9
Magnesium, Mg [mg]	361.5	39.2	90.4
Phosphorus, P [mg]	1138.1	123.3	284.5

Potassium, K [mg]	3200.1	346.6	800
Sodium, Na [mg]	2891.4	313.2	722.9
Zinc, Zn [mg]	8.7	0.9	2.2
Vitamin A, RAE [ug]	585.6	63.4	146.4
Vitamin E [mg]	35.8	3.9	9
Vitamin D [ug]	0	0	0
Vitamin C [mg]	32.7	3.5	8.2
Thiamin [mg]	0.8	0.1	0.2
Riboflavin [mg]	1.2	0.1	0.3
Niacin [mg]	20.4	2.2	5.1
Vitamin B6 [mg]	2.3	0.2	0.6
Vitamin B12 [ug]	0	0	0
Vitamin K [ug]	313.7	34	78.4
Net Carbs [g]	257.9	27.9	64.5