



PAD THAI

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10-12 mins

Cook time: 20 mins

Serves: 4



INGREDIENTS

- 4 chicken thighs, thinly sliced (or omit)
- 1 tsp salt
- 1/4 tsp ground black pepper
- 2 medium zucchini, spiralled
- 1/4 cup coconut oil
- 3 cloves garlic, crushed
- 2 tsp ginger, grated
- 2 sticks celery, finely sliced
- 4 spring onions, finely sliced
- 2 cups bean sprouts
- 2 eggs (optional)

SAUCE

- 2 tbsp rice vinegar
- 2 tbsp fish sauce (or gluten free soy)
- 2 tbsp tomato paste
- 1/2-3/4 tsp cayenne pepper
- 1 long red chilli, finely sliced
- juice of 1/2 lime

GARNISH

- coriander leaves, finely chopped

METHOD

- Place all sauce ingredients into blender and blend for 20-30 seconds. Set aside.
- Into large pan, add half the coconut oil and heat medium-high.
- Add spiralled zucchini noodles, and cook for 3-5 minutes, stirring with tongs, until just cooked, and remove from pan and set aside. (Keep juice with it)
- Clean pan and heat remaining oil, add garlic and ginger and cook for 1-2 minutes.
- Add celery and spring onions and cook for 3 minutes, until tender.
- Add eggs here if using, and stir until cooked.
- Add zucchini noodles (keeping the liquid), bean sprouts and sauce and cook 3 minutes while stirring.
- Using tongs, remove the noodle mixture into a bowl, reserving the liquid in the pan.
- Heat pan until hot and add salt, pepper and sliced chicken pieces, cook, turning after 1-2 minutes each side.
- Serve Pad Thai Zucchini Noodles with chicken next to or on top of it, or omit the chicken and just serve the vegetables.
- Garnish with chopped coriander.