

PACIFIC NORTHWEST INSPIRED PAD THAI

serves 6

Fresh, easy to prepare, with yummy crispness. Inspired by my time in Thailand for yoga teacher training, & fresh PNW grown ingredients.

xo Nicole



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INGREDIENTS

- 16 ounces rice noodles (optional)
- 2 cups of braising mix (this is a mix of different greens, any will do!), thin chop
- 3-4 green onions thin chop
- 1-2 carrot(s) shred with carrot peeler
- 2 garlic scapes finely diced
- 3 tbsp ginger, chopped (optional, but so good!)
- ½ cup cashews or peanuts (optional but adds a crunch!)
- 2 eggs (optional for vegan)
- 2 tbsp avocado oil

Sauce

- 2 tbsp white vinegar
- 3 tbsp tamari or soy sauce
- 3 tbsp coconut aminos (or all tamari/soy sauce)
- 1 tbsp brown sugar (optional)
- 3 tbsp vegetable stock or water

Options:

- Got left over bok choy, cauliflower? Add it too!
- Serve over rice, or serve by itself.
- Tamari is a gluten-free version of soy sauce
- Add any protein, eggs, chicken, beef strips
- don't have something on the list, oh well... add something else
- Use rice or no side- just veggies!

DIRECTIONS

1. Boil noodles in salted water until tender. Drain, rinse in cool water, set aside. Noodles are optional!
2. To prepare nuts: heat pan or wok, heat nuts until gently browned. Chop when cooled, set aside.
3. Make sauce, set aside.
4. Heat oil in wok or pan, add garlic scapes & ginger, cook until slightly brown. Cook thicker or tougher veggies first. Add braising mix, onions, carrots, Cook ~ 4-5 minutes until crispy, but softened.
5. Add noodles, (eggs), sauce & cook for another 5 minutes.
6. Just before serving, add nuts, stir to distribute.
7. Serve in bowls with salt & pepper to taste, garnish with chopped green onions
8. Serve while smiling 😊!

PREP TIME: 15 MINUTES
TOTAL TIME: 25 MINUTES

Let me know what you think!
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