



VEGETABLE PAD THAI

-  **Prep: 5 minutes**
-  **Cook: 12 minutes**
-  **Serves: 4**

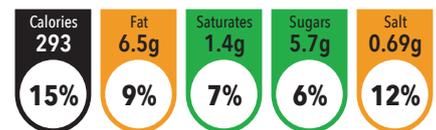
INGREDIENTS:

- 200g folded rice noodles
- 1 tbsp toasted sesame oil
- 300g pack vegetable stir fry
- 2 cloves garlic, crushed
- 150g beansprouts
- ½ tsp **LoSalt**
- 2 tsp tamarind paste
- 1 tsp reduced salt light soy sauce
- 2 medium eggs, beaten
- Juice 1 lime

METHOD:

1. Cook the noodles according to pack instructions, drain.
2. Meanwhile, heat the oil in a wok or large frying pan and add the vegetable stir fry and garlic, fry for 3 minutes then add the beansprouts and fry for a further 1 minute.
3. Stir in the **LoSalt**, tamarind and soy and push a little of the mixture to the centre of the pan, add the egg into the space and cook until lightly scrambled then stir all together with the noodles, heat for 1-2 minutes to warm through.
4. Squeeze over the lime to serve.

Each serving contains



of your guideline daily amount

COOKS TIP:

Great sprinkled with roasted peanuts and fresh coriander leaves with extra lime to serve.