

Pad thai.

Ingredients

1. 5 oz of extra firm tofu cut into 1 inch pieces or 1 can of chickpeas or 5 oz of chicken breast cut into 1 inch pieces.
2. 1 tbsp cornstarch or all purpose flour.
3. 1/4th cup vegetable oil
4. 7 oz flat dried rice noodles (preferable, they are naturally gluten free) or any noodles. If you are using some other noodles cook before the class.



5. 1/2 onion chopped up small



6. 2 garlic cloves



7. 1 fresh red chilli



8. 1 large carrot cut into match sticks



9. Splash of water

10. 3 and half ounce of bean sprouts or 1 and half cup of cabbage cut into thin strips



11. 3 limes



12. 2 scallions(cut into strips)



13. 1/2 cup unsalted peanuts or cashews ground up into small bits



14. 1 tbsp chilli flakes to serve (optional)



For the dressing

1. 1 tbsp palm sugar



2. 1 tbsp tamarind paste



3. 1 tbsp sweet chilli sauce (substitute with half tbsp ketchup and half tbsp hot sauce)



Tools

Small hole strainer to sift, wide pan or wok, measuring cup, bowl, knife





Recipe.

Before the class

1) Press tofu in between clean kitchen towels and putting something heavy on them in between two plates.



- 2) leave for 30 mins
- 3) cut into 1 inch pieces.
- 3) sift corn starch over it
- 4) toss to cover
- 5) add 1 tbsp oil and salt
- 6) toss all.
- 7) put it in oven at 400 for 14 mins(7 to 8 mins for chickpeas) or until crispy.
- 8) same procedure can be used for chicken or chickpeas
- 9) soak the noodles(if using rice noodles) in boiling hot water for 3 mins. Check if they are flexible. Drain. Pour cold water over them and keep aside.
- 10) cut the carrots into match sticks, cabbage(if using) into long strips, chop the onions, scallions into long thin strip, mince the garlic, cut the red chilli, juice one lime and save zest of it too.

Recipe:

- 1) put wide pan on high heat.
- 2) mix the ingredients of dressing in a bowl. Keep aside.
- 2) add 2 tablespoon of oil
- 3) add onion, garlic, chilli. Stir regularly for 1 to 2 mins.
- 2) add carrots. Stir for a minute
- 3) add cabbage. Stir for a minute.
- 4) Add softened noodles., dressing and a splash of water.
- 5) Add the crispy protein(tofu, chickpea or chicken)
- 6) put juice of one lime and zest too.
- 7) add soy sauce or coconut aminos
- 8) stir fry till veggies are crisp tender. Remove from heat.

9) serve in bowls topped with crushed nuts, scallions and red chilli flakes if desired.