

# Veggie Pad Thai



## Ingredients

- 1 package (about 14oz) rice noodles
- 2 eggs
- 2 bell peppers
- 4 carrots, shredded
- 1 red or white onion
- 6 green onions, chopped
- 6 cloves of garlic, minced
- ¼ cup peanuts, chopped
- 1/8 cup cilantro, chopped

### Sauce:

- 6 Tbsp soy sauce
- 4 Tbsp brown sugar
- 2 Tbsp rice vinegar
- Juice of 1 lime
- 4 tsp sesame oil
- 4 Tbsp creamy peanut butter

## Utensils

- Measuring cups and spoons
- Colander
- Spatula
- Large pot with a lid
- Frying pan
- Knife
- Cutting Board
- Mixing bowl
- Whisk



# Recipe Instructions

## Step 1: Prep

Prep your cutting station with a damp cloth and cutting board.

Chop green onions, peanuts, and cilantro.

Cut bell peppers into strips, and shred carrots.

Start boiling a large pot of water.

## Step 2: Sauté

Lightly oil your frying pan over medium high heat and start sauteing the peppers and onions. Once tender, add in your garlic, carrots, and green onions.

In a separate pan, scramble eggs.

## Step 3: Rice Noodles

Once pot of water is boiling, turn off stove. Put rice noodles into the hot water with a bit of olive oil and gently press noodles down in the water so they are fully submerged.

Soak for 6 minutes.

Pour into the colander and rinse with cold water.

## Step 4: Sauce

Whisk all sauce ingredients together in a small mixing bowl until the peanut butter has been fully incorporated.

## Step 5: Combine

Combine cooked rice noodles with the cooked vegetables, eggs, and sauce.

## Step 6: Serve and Enjoy!

Plate the dish with optional garnishes: chopped cilantro, chopped green onions, and chopped peanuts.

### Enjoy!

*This meal can be stored in an airtight container for 4 days.*



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### Kitchen Safety Tips:

Always use a **pot holder!**

Let people in your home know that you will be using the **stove.**

Use **the claw** method when using a knife to avoid any accidents.