

Healthy Pad Thai



When I first learned to make Pad Thai, I was amazed at how such vibrant flavours could come together so effortlessly. This Healthy Pad Thai has become a weeknight staple in our home—packed with colourful veggies, juicy shrimp, and protein-rich tofu.

The balance of the sweet and tangy sauce with the crunch of peanuts and fresh cilantro always brings me back to those first bites of discovery. Enjoy it with a squeeze of lime for an extra zing!

Preparation 15 min

Cooking 15-20 min

Servings 4

Nutrition Facts (per serving)

Calories 420

Fat 17

Carbohydrates 43

Fibre 8

Protein 24

Sodium 990

Ingredients

- 100 g (3 oz) of dry brown rice noodles

- 250 g medium to large shrimp (41-50/lb), peeled
- ½ block (200 g) extra firm tofu, cut into bite-sized rectangular pieces
- 2 eggs
- 4 garlic cloves, minced
- 4 green onions, cut into diagonals
- 3 large carrots, cut into matchsticks
- 2 bell peppers of choice, cut into strips

Sauce:

- 30 ml (2 tbsp) ketchup
- 30 ml (2 tbsp) soy sauce, low sodium
- 15 ml (1 tbsp) fish sauce
- ½ lime, juiced
- 7.5 ml (½ tbsp) coconut sugar or honey

Garnish:

- 500 ml (2 cups) bean sprouts
- 125 ml (½ cup) cilantro, roughly chopped
- 60 g (? cup) peanuts, roughly chopped
- 1 red chili, cut into thin rounds (optional)

Preparation

1. In a pot of boiling water, place the rice noodles, and cook for 5 minutes. Once done, remove from the water and set aside.
2. In a large pan or a wok, over medium-high heat, pour 2 tsp of sesame oil and add the shrimp and tofu. Fry until crispy. Remove from pan and set aside.
3. In the same pan, over medium-heat, sauté the bell peppers, carrots and garlic for about 5 minutes.
4. In the meantime, mix the sauce ingredients in a medium bowl.
5. Once the vegetables are cooked but still firm, turn the heat to medium, push the vegetables to the side and add the eggs to the pan. Scramble them roughly and cook until firm.
6. Turn the heat down to low, then add the sauce and noodles to the pan, stir everything to combine, and let cook until the sauce is absorbed.
7. To serve, plate the Pad Thai, then top with bean sprouts, cilantro, green onions and chili peppers, if desired.

Notes

Can be refrigerated for 3-4 days but cannot be frozen.



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