



Shrimp Pad Thai

Serves six

- 1/2 cup (95 grams) raw peanuts- chopped
- 8 oz. (227 grams) of rice stick noodles (flat and preferably about 1/4 inch wide)
- 1 TBS tamarind concentrate
- 2/3 cups hot water + boiling water to cover the noodles
- 3 TBS sugar
- 3 TBS fish sauce
- 1 TBS rice vinegar
- 4 TBS vegetable oil
- 3/4 pound (375 grams) of peeled, deveined shrimp
- Salt & Pepper
- 2 TBS minced shallot or red onion
- 4 garlic cloves – minced
- 2 eggs
- 4 scallions sliced diagonally (small)
- 3 cups bean sprouts
- 2 TBS of chopped cilantro

Place the peanuts in a dry pot and toast them over medium heat. Shake the pot constantly and toast until you have small specks of brown. This will take about five minutes but be careful not to burn the peanuts. Set the toasted peanuts aside.

Place the noodles in a bowl or 9x13 pan with sides and cover them with boiling water for about 20 minutes until the noodles are pliable and softened. Remove from the water and set aside.

In another bowl mix the tamarind concentrate with the hot water, sugar, fish sauce, rice vinegar and 2 TBS of vegetable oil. Mix well and set aside.

Place the shrimp in another bowl and season with a bit of salt and black pepper. Toss to cover well.

Heat 1 TBS in a large skillet and add the shrimp. Cook for about one minute until the shrimp changes color and flip. Cook the other side for another minute and remove from the skillet. Set aside.

Wipe the skillet and add another TBS of oil. Add the onion and garlic and mix. Cook for a couple of minutes, stirring occasionally. Make a well in the middle and add the eggs. Scramble them until they are cooked.

Return the pliable noodles into the skillet and toss them well. Add about 2 sliced scallions, about 1/4th cup of toasted peanuts and the bean sprouts. Mix well and return the shrimp with all the rendered juices to the pan. Mix, heat through and serve.

Garnish the pad Thai with more sliced scallions, extra toasted peanuts, chopped cilantro and lime wedges. Enjoy!

CALORIES 392.70; FAT 17.44 grs (sat 2.13; mono 6.38; poly 7.64); PROTEIN 15.68 grs ; FIBER 2.13 grs; CARBS 44.52 grs; CHOLESTEROL 133.43 mg; IRON 1.66 mg; SODIUM 1147.55 mg; CALCIUM 73.43 mg