

Vegetarian Rainbow Pad Thai

INGREDIENTS

Pad Thai:

4 ounces [brown rice noodles](#) (stir fry or Pad Thai)

1 zucchini

1 red pepper

half a yellow onion

2 carrots

2 tablespoons oil

1 egg, beaten

1/2 cup peanuts, chopped

1/2 cup fresh herbs like cilantro, green onions, and basil, chopped

Sauce:

3 tablespoons fish sauce (or vegan fish sauce substitute)

3 tablespoons brown sugar (or sub another sweetener)

3 tablespoons chicken or vegetable broth

2 tablespoons white vinegar

1 tablespoon soy sauce

1 teaspoon chili paste (sambal oelek)

INSTRUCTIONS

1. Place the uncooked noodles in a bowl of cold water to soak. Spiralize the zucchini, red pepper, and onion into noodle-like shapes. Cut the carrots into very small pieces
2. Shake up the sauce ingredients in a jar.
3. Heat a tablespoon of oil over medium high heat. Add the veggies – stir fry for 2-3 minutes or until tender-crisp (if they are not spiralized, they might need longer).
4. Add another tablespoon of oil to the pan. Drain the noodles. Add the noodles to the hot pan and stir fry for a minute. Add the sauce and stir fry for another minute or two, until the sauce is starting to thicken and stick to the noodles. Push the noodles aside to make a little room for the egg – pour the beaten egg into the pan and let it sit for 30 seconds or so. Toss everything around with the tongs. The egg mixture will stick to the noodles and everything will start getting sticky.
5. Add in the vegetables, toss together, and remove from heat. Stir in the peanuts and herbs and serve immediately.

Recipe from Pinch of Yum: <https://pinchofyum.com/rainbow-vegetarian-pad-thai-with-peanuts-and-basil>.