

Classic Pad Thai

Hands-on: 15 min • **Total:** 35 min

Thailand's famous and endlessly adaptable stir-fried noodle dish is like a warm salad—full of flavor, texture, and color.

Ingredients

- 6 oz. uncooked flat rice noodles (Pad Thai noodles)
- 1 Tbsp. plus 1 tsp. sugar, divided
- 1 Tbsp. rice vinegar
- ½ cup thinly sliced banana pepper
- 3 oz. extra-firm tofu, cut into thin strips
- 1 Tbsp. fresh lime juice
- 1 Tbsp. water
- 1 Tbsp. lower-sodium soy sauce
- 1 Tbsp. fish sauce
- ½ tsp. salt
- 2 large eggs, lightly beaten
- 3 Tbsp. peanut oil, divided
- 3 garlic cloves, minced
- 1 (2–2.5 oz.) boneless, skinless chicken thigh, cut into thin strips
- 3 cups fresh bean sprouts, divided
- 4 scallions, trimmed, crushed with flat side of a knife, and cut into 1½-inch pieces
- 1 Tbsp. small dried shrimp
- ½ cup unsalted, dry-roasted peanuts, chopped
- ¼ cup fresh cilantro leaves
- Lime wedges (optional)

Instructions

1. Prepare noodles according to package directions; drain.
2. Stir together vinegar and 1 tablespoon sugar, stirring until sugar dissolves. Add banana pepper; set aside.

3. Combine lime juice, water, soy sauce, fish sauce, and 1 teaspoon sugar in a small bowl. Stir until sugar dissolves; set aside.
4. Heat 1 tablespoon oil in a wok or large nonstick skillet over medium-high. Add eggs; cook, stirring gently, until just set. Remove from pan.
5. Heat remaining 2 tablespoons oil in pan. Add garlic; sauté 15 seconds. Add chicken, stirring often, until browned, about 2 minutes. Add tofu and stir-fry 2 minutes. Stir in 2 cups bean sprouts, scallions, and shrimp; stir-fry 1 minute.
6. Add noodles, egg mixture, and soy sauce mixture; toss to combine. Arrange 2 cups noodles on a platter; top with noodle mixture. Sprinkle with peanuts, cilantro, and remaining bean sprouts. Serve with vinegar mixture and lime wedges, if desired.

Serves: 6 (serving size: ½ cup bean sprouts, 1 cup noodles, 1 Tbsp. peanuts, and 1 lime wedge)

Nutrition (per serving): 329 calories; 42g carbs; 14g protein; 12g fat; 2g fiber; 573mg sodium.

Dried Shrimp:

Also known as bazun-chauk (Myanmar), and ebi (Indonesia), sun-dried small shrimp provide a layer of umami (savory) flavor in Southeast Asian cooking. They're often tossed into simmering dishes to rehydrate and release their flavors, but sometimes the dried shrimp are just added whole. They can even be ground to a powder and sprinkled like salt as a seasoning.