

NOODLE FREE TOFU PAD THAI

Prep time

15 mins

Total time

15 mins

Noodle-free pad thai made with shaved carrots and zucchini, a tamarind-based dressing, peanut sauce and raw tofu.

Author: Minimalist Baker

Recipe type: Entree

Cuisine: Vegan, Gluten-Free

Serves: 2



Ingredients

- **For the Dressing**
- 1 Tbsp tamarind sauce
- 1 Tbsp low sodium soy sauce
- juice of 1 lime
- 1 tsp Asian chili garlic sauce
- 1/2 tsp fresh grated ginger or 1/4 tsp ginger powder
- 1 Tbsp agave, maple syrup or honey (if not vegan)
- **For Pad Thai**
- 5 carrots, washed and ribboned with vegetable peeler
- 1 zucchini, washed and ribboned with vegetable peeler
- 1/4 cup firm tofu, drained, pressed and cubed
- Toppings: [peanut sauce](#), sriracha, crushed peanuts, cilantro

Instructions

1. Whisk dressing ingredients together and taste to adjust seasonings.
2. Add carrots and zucchini and toss to combine. Let marinade for 5 minutes, then add tofu and toss again.
3. Divide between two serving plates and top with peanut sauce, fresh cilantro, sriracha and crushed peanuts.

Nutrition Information

Serving size: 1/2 recipe Calories: 291 Fat: 9g Saturated fat: 1g Carbohydrates: 45g
Sugar: 30g Sodium: 1023mg Fiber: 7g Protein: 9g

Recipe by Minimalist Baker at <http://minimalistbaker.com/noodle-free-tofu-pad-thai/>