

# Easy Tofu Pad Thai

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Dana @ Minimalist Baker

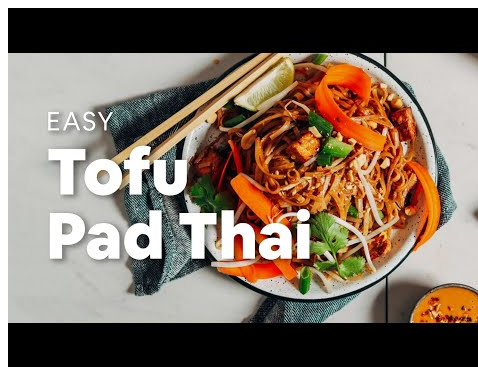
April 18, 2019



Pad Thai is one of our FAVORITE takeout dishes. It's on weekly repeat around here!

We've shared an incredible [Noodle-Free Pad Thai](#) in the past, but sometimes it's nice to have the filling, noodle-y goodness that comes with a more classic version of the dish.

This simple plant-based version of Pad Thai takes just **30-minutes** to prepare and delivers a hefty helping of flavor. Let's do this!



Watch Video: <https://youtu.be/gu81H2fTK8g>



## Origin of Pad Thai

Pad Thai is [believed](#) to have originated in Thailand during World War II. It was born out of a combination of a rice shortage and Thailand's prime minister wanting to create a national dish.

It's traditionally made with rice noodles (which were borrowed from Chinese cuisine), egg, tofu, dried shrimp, and a salty-sweet-sour sauce. The sauce is usually made simply with palm sugar, tamarind, and fish sauce or soy sauce. You can find an authentic preparation [here](#) from Hot Thai Kitchen!

Our inspired version borrows the concept of rice noodles and tofu, but skips the egg, dried shrimp, and fish sauce. Our sauce is **soy-free** and **plant-based** and brings in more flavor elements like ginger and garlic.

## How to Make Pad Thai

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This recipe starts with tamarind, which gives the sauce bold color and a classic Pad Thai flavor. The tamarind is mixed with coconut aminos, coconut sugar, chili garlic sauce, lime juice, and [Vegetarian Fish Sauce](#) (*optional*), creating the perfect balance of sweet, salty, spicy, and umami.



Once the sauce is prepared, it's time for the protein. We went with tofu, but shrimp and chicken are also options if not vegan.

Bites of tofu are gently sautéed in oil to add a delicious dose of protein (16.6 grams per serving!) to the meal. Garlic and chili flake add heat and pops of flavor!





Rice noodles are soaked briefly in hot water, then tossed together with the sauce, green onions, bean sprouts, and peanuts. Serious swoon.



And that's it! In less time than it takes to get a takeout order delivered, dinner is on the table. To make this dish even *more* special, we like to garnish it with carrot ribbons, cilantro, chili garlic sauce, and [peanut sauce](#).



We hope you'll love this dish! It's:

Simple  
Flavorful  
Hearty  
Crunchy  
Versatile  
& Delicious

This makes an excellent, satisfying meal on its own, but if you're looking for extra veggies, it would pair nicely with [Papaya Salad](#), [Thai Spring Rolls](#), or [Thai Carrot Salad](#). While we love this noodle version, if you are looking for a lighter option be sure to try our [Noodle-Free Pad Thai](#)!

## More Thai-Inspired Recipes

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- [Lazy 1-Pot Vegan Tom Yum Soup](#)
- [Blissed-Out Thai Salad with Peanut Tempeh](#)
- [Thai Yellow Coconut Curry with Mango](#)



- [Vegan Thai Iced Tea](#)

If you try this recipe, let us know! Leave a comment, rate it, and don't forget to tag a photo [#minimalistbaker](#) on Instagram. Cheers, friends!



Easy Tofu Pad Thai ready in just 30 minutes with simple ingredients. A hearty, versatile, plant-based dish with tons of texture and big flavor!

Author Minimalist Baker

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4.87 from 128 votes

Prep Time 20 minutes

Cook Time 10 minutes

Total Time 30 minutes

Servings (Servings)

Course Entrée

Cuisine Gluten-Free, Thai-Inspired, Vegan

Freezer Friendly No

Does it keep? 3-4 Days

## Ingredients

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[US Customary](#) – [Metric](#)

### SAUCE

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- 1 ½ tsp [tamarind paste / concentrate\\*](#) (or sub additional 1 Tbsp / 15 ml lime juice as recipe is written)
- 1/3 cup [coconut aminos](#) (or sub half the amount with tamari or soy sauce and work your way up as it's saltier)
- 3 ½ Tbsp [coconut sugar](#)
- 1 ½ tsp [chili garlic sauce](#)
- 1 ½ Tbsp lime juice
- 1-2 tsp [Vegetarian Fish Sauce](#) ( or store-bought // **optional**)

### STIR FRY

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- 1 Tbsp sesame oil (if avoiding oil, omit and use a nonstick pan)
- 1 cup cubed extra firm tofu
- 2 Thai red chilies (fresh or dried), chopped OR 1/2 tsp chili flakes (**optional**)
- 2 cloves garlic, minced (2 cloves yield ~1 Tbsp or 6 g)
- 1 Tbsp [coconut aminos](#) (or tamari)
- 1 cup bean sprouts
- 1 cup chopped green onions
- 1/3 cup chopped roasted salted peanuts

### NOODLES

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- 8 ounces [Pad Thai rice noodles](#) (We like Annie Chun's brand)

## Instructions

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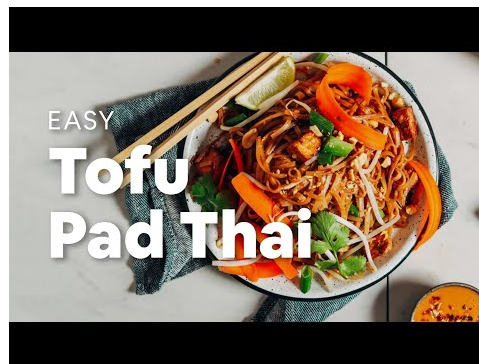
- To a small saucepan, add tamarind, coconut aminos, coconut sugar, chili garlic sauce, lime juice, and vegetarian fish sauce (optional) and heat over medium heat until just simmering. Cook for 30 seconds, stirring occasionally, then turn off heat. Set aside.
- Ensure all stir fry ingredients are prepped, including cubed (briefly [pressed](#)) tofu, chopped green onions, minced garlic, bean sprouts, and chopped peanuts. If serving with [peanut sauce](#) (optional), prepare at this time.



- Add Pad Thai noodles to a large bowl and cover with just boiling water. Stir and cover and cook according to package instructions (usually about 5-6 minutes or until *al dente*).
- Drain noodles and toss with a little sesame oil to prevent sticking. Set aside.
- Heat a large-rimmed skillet over medium heat. Once hot, add oil and tofu and sauté for about 4 minutes, turning occasionally so it browns on all sides. Add red pepper flakes or Thai chilies, garlic, and coconut aminos (be careful, as the coconut aminos can splatter). Toss gently to combine until garlic is just slightly browned.
- Add noodles, Pad Thai sauce, bean sprouts, green onions, and peanuts and cook over medium-high heat, tossing occasionally (tongs are most useful) for about 2-3 minutes or until the sauce has coated everything and the dish is hot.
- To serve, plate with additional garnishes such as lime wedges, bean sprouts, peanut sauce, shredded carrot, cilantro, and sriracha or chili garlic sauce (all optional).
- Leftovers will keep in the refrigerator for approximately 3-4 days.

## Video

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Watch Video: <https://youtu.be/gu81H2fTK8g>

## Notes

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\*Tamarind comes in many forms, including fresh, paste, concentrate, sauce, and more. We have made Pad Thai with mainly paste, sauce, and concentrate, all of which produce varied results. However, the tamarind concentrate linked above produces consistently good results. It's concentrated, which is why the recipe only calls for a small amount. However, if using more of a "sauce" — which should have a lighter consistency and color — feel free to add more to taste. Tamarind adds a tartness to the sauce, which can be enhanced or mocked with lime juice in a pinch.

\*Nutrition information is a rough estimate calculated with brown rice Pad Thai noodles and without optional ingredients or garnishes.

## Nutrition (1 of 4 servings)

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Serving: 1 servingsCalories: 461 Carbohydrates: 69.4 gProtein: 16.6 gFat: 15 gSaturated Fat: 2.7 gPolyunsaturated Fat: 4.9 gMonounsaturated Fat: 5.6 gTrans Fat: 0 gCholesterol: 0 mgSodium: 525 mgPotassium: 282 mgFiber: 6.8 gSugar: 19.6 gVitamin A: 700 IUVitamin C: 15.7 mgCalcium: 260 mgIron: 2.3 mg