



Low FODMAP Pad Thai

Serves: 4

Prep: 10 minutes

Cook: 20 minutes



Ingredients	Metric	Imperial
¼ cup soy sauce	84 g	3 oz
1 tbsp maple syrup	25 g	0.9 oz
2 tbsp peanut butter	50 g	1.8 oz
¼ cup lime juice	62 g	2.2 oz
1 tsp fish sauce (substitute with more soy sauce if vegetarian)	5 g	0.2 oz
Rice noodles	250 g	8.8 oz
1 tbsp garlic infused olive oil	18 g	0.6 oz
2 chicken breasts, cubed (use 200g firm tofu for a vegetarian option)	200 g	7 oz
2 eggs, whisked	117 g	4.1 oz
2 tsp fresh ginger, grated	10 g	0.4 oz
1 chilli, finely sliced	28 g	0.1 oz
2 zucchinis, made into veggie noodles using a spiraliser	320 g	11.3 oz
1 carrot, made into veggie noodles using a spiraliser	75 g	2.6 oz
1 cup bean sprouts	100 g	3.5 oz
½ bunch spring onion, green section only, chopped	8 g	0.3 oz
1 cup coriander leaves	16 g	0.6 oz
Crushed peanuts, extra bean sprouts and 1 lime, to serve		

Method

1. In a jug, whisk soy sauce, maple syrup, peanut butter, lime juice and fish sauce (if using).
2. Prepare rice noodles as per packet instructions.
3. In a wok, heat half the garlic infused oil and add the cubed chicken (or tofu). Stir-fry until sealed, add the eggs and toss around to coat the chicken in egg. Once cooked, remove chicken and egg and set aside.
4. Heat the remaining garlic infused oil in the wok and add the ginger and chili. Stir cooking until fragrant.
5. Add the zucchini and carrot noodles along with the bean sprouts and gentle toss.
6. Add the chicken and egg mixture along with the cooked rice noodles and toss to combine.
7. Pour the sauce mixture over the mix, stir through and serve with the green spring onions and coriander.
8. Serve the Pad Thai in the traditional way with extra bean shoots, crushed peanuts and a wedge of lime on the side

Nutrition Information (per serve)	
Energy	1456 Kj / 348 cal
Protein	25.20g
Carbohydrates	22.60g
Sugar	8.30g
Total Fat	16.20g
Saturated Fat	3.20g
Fibre	4.20g