



MY TAKE ON A RAW PAD THAI

Jay
Halford

GLUTEN FREE > DAIRY FREE > VEGAN >

INGREDIENTS:

Mouli & Coriander Noodles (4 portions):

- 1 medium carrot
- 1/2 a red onion
- 1 red pepper
- 1 yellow pepper
- 1 green pepper
- 10 sugar snap peas

The Pad Thai Mix (4 portions):

- 2 whole plum tomatoes
- 1/2 a red onion
- 1 small handful of fresh basil
- 30ml of tamari or liquid aminos
- 50ml cold pressed olive oil

The Dressing (12 portions - Keeps well in the fridge for 5-6 days):

- 1 clove of fresh garlic
- thumbsized chunk of fresh ginger
- 50ml of tamari or liquid aminos
- 50g whole almonds
- 20g cashew nuts
- 20ml olive oil
- 50ml filtered water
- 1/2 bunch of fresh coriander
- 1tsp ground paprika, cumin & allspice

METHOD:

Mouli and coriander noodles:

Spiralize your Dikon radish (mouli).

Chop and add your coriander to your mouli.

Juice your lemon and mix with you olive oil to make a little dressing.

The Pad Thai Mix:

Slice your carrot into thin slices a mandolin.

Julienne all your ingredients super fine and mix together in a mixing bowl.

The Dressing:

Blend all ingredients into a smooth sauce in your blender.

To finish add your dressing to your vegetable pad thai mix and serve.

Place your noodles next to it and garnish with some chopped cashew nuts and sliced fresh red chilli.