



Pad Thai



Prep Time: 10 mins Cook Time: 15 min Serves: 6

Ingredients:

- 1 (16 oz) package of rice noodles
- 1 head of broccoli
- 1 red bell pepper
- ¼ cup carrots, shredded
- 1 Tbsp sweet chili sauce
- 1 (15 oz) can unsalted chickpeas
- 1-2 Tbsp olive oil for cooking

Sauce:

- ¼ cup sunflower butter, or other nut butter
- 2 Tbsp rice vinegar
- 1 Tbsp honey
- 2 tsp garlic powder
- 1 tsp black pepper
- 1 Tbsp low-sodium soy sauce
- juice from ½ lime
- up to 1 cup water

Optional Garnishes

- chopped scallions
- lime wedges

**You can add
chicken or egg
for extra protein!**

Instructions:

1. Cook rice noodles according to directions and set aside.
2. Chop broccoli into small florets, slice red pepper, and shred carrots.
3. Drain and rinse chickpeas.
4. Heat oil in a wok or large saucepan over medium heat, saute broccoli, red pepper and chickpeas until the veggies are tender (5-10 minutes). Add sweet chili sauce when veggies are tender.
5. In a small saucepan simmer on medium-low heat all sauce ingredients, adding a little bit of water until you reach your desired consistency.
6. Add noodles and sauce to sauteed veggies. Add carrots. Mix thoroughly.
7. Plate and garnish with scallions and lime wedge!