

Zucchini Noodle Pad Thai

Provided by Jodenne Scott



Ingredients for zucchini pad Thai:

4 medium zucchini
2 tablespoons olive oil
½ pound peeled and de-veined shrimp
3-6 large cloves garlic, minced or crushed
1 red bell pepper
6 green onions sliced
1 large egg
1/3 cup crushed cashews
½ cup chopped cilantro (optional)
Lime wedges

Ingredients for the sauce:

4 tablespoons rice vinegar or distilled white vinegar
4 tablespoons fish sauce or to taste
6 tablespoons of ketchup
2 teaspoons packed brown sugar
½ teaspoon cayenne pepper (this is up to you on heat!)
2 teaspoons chili garlic sauce

Directions:

1. Make the sauce: In a small bowl, combine the sauce ingredients then set aside
2. Using a vegetable spiralizer tool – make your zucchini noodles
3. Heat a large pan on medium high heat. Add 1 tablespoon olive oil. Add the zucchini noodles and cook for 2-3 minutes or until the zucchini noodles are tender. **Don't overcook the noodles.**
4. Let the noodles rest for about 3 minutes to allow as much moisture as possible to release. Remove the noodles from the pan and drain the excess water. You may also use a paper towel and blot the noodles to soak up more moisture.
5. Carefully wipe the same pan to remove the excess water, and then re-heat the pan on medium high heat. Add the remaining olive oil and garlic. Cook the garlic until soft and translucent, about 30 seconds. Add the shrimp and cook until shrimp is tender and cooked through, about 3 minutes.
6. Add the bell peppers and green onions. Cook for about 1-2 minutes or until tender. Add the egg and stir in with the vegetable until the egg is cooked.
7. Add the zucchini noodles back into the same pan, add the sauce. Cook for about 1 more minute or until the zucchini noodles are heated through.
8. Serve the warm zucchini pad Thai noodles with the cashews, cilantro sprinkled on top with some lime wedges on the side.