This recipe for Tofu Pad Thai was created by the transition years Home Economics students from Baldoyle Community School, Dublin

Tofu Pad Thai

🍽 **2 servings**   574 **Kcal / serving**   27g **Protein**   27g **Fat**   60g **Carbs**

Ingredients

- 1 (100g) - **Small onion**
- 1 (150g) - **Small courgette**
- 1 (150g) - **Red pepper**
- 1 - **Red chilli**
- 1 - **Garlic clove**
- 150g - **Tofu**
- 100g - **Dried wholewheat noodles**
- 2 teaspoons (10g) - **Rapeseed or olive oil**
- 160g - **Tinned light coconut milk**
- 2 tablespoons (30g) - **Reduced salt soy sauce**
- 2 teaspoons (10g) - **Honey**
- 100g - **Beansprouts**
- (30g) - **Juice of 1 lime (30g)**
- **Handful fresh coriander leaves, to garnish (optional)**

The Method

Cut the onion in half, then peel and thinly slice. Trim the courgette and cut into slices. Remove the core from the red pepper and cut into thin slices. Cut the chilli in half, then remove the seeds and finely chop the flesh. Peel and crush the garlic. Cut the tofu into slices and then cut into 1cm chunks.

Cook the noodles for 3-4 minutes in a pan of boiling water or according to the packet instructions until just tender. Drain and quickly refresh under cold running water.

Heat a wok or large non-stick frying pan over a medium to high heat. Add the oil and stir-fry the onion for 1-2 minutes until just beginning to brown around the edges. Tip in the tofu and stir-fry for another 2-3 minutes until lightly golden.

Add the courgette and red pepper to the wok and stir-fry for 1 minute. Add the garlic and chilli and stir-fry for another 1-2 minutes. Pour in the coconut milk and add the soy sauce and honey and then simmer for another 1-2 minutes until slightly reduced and thickened. Fold in the noodles and beansprouts and squeeze over the lime juice, then continue to stir-fry until piping hot.

Divide the Tofu Pad Thai between bowls and add the coriander, if liked to serve.

Ⓥ Suitable for vegetarians