

## Gluten-Free Pad Thai

Makes 4 servings

### Ingredients:

- ❖ 1 package brown rice fettuccine noodles
- ❖ 2 TBSP sesame oil
- ❖ 2 cloves garlic, minced
- ❖ 1 ½ TBSP fresh ginger, minced
- ❖ 1 c. bell peppers, seeded and chopped
- ❖ 1 cup onion, diced
- ❖ 2 cups mushrooms, chopped
- ❖ 1 cup carrots, chopped
- ❖ 1 medium head of broccoli, cut into florets
- ❖ 1 cup bean sprouts
- ❖ 1 large egg, scrambled
- ❖ 1 lime

### Sauce Ingredients:

- ❖ 4 TBSP gluten-free tamari
- ❖ 4 TBSP nut butter
- ❖ 1 TBSP organic maple syrup



### Directions:

- Cook rice noodles according to package instructions.
- Heat a large skillet to medium heat. Add oil, garlic, and ginger. Saute until fragrant (about 2-3 minutes).
- Add onion, and sauté for 2 minutes.
- Stir in the vegetables and continue to sauté until desired tenderness is reached.
- In a small bowl, whisk together the sauce ingredients and add to the cooked noodles.
- Add the cooked noodles with the sauce to the veggie mixture and add the scrambled egg. Stir until evenly coated.
- Serve with a squeeze of lime.
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### Chef's Notes:

- Chopped macadamia nuts can be added to this dish for additional protein.
- Coconut oil can be substituted for sesame oil.
- Chinese vegetables such as bok choy, water chestnuts, or bamboo shoots can be added or substituted for some of the vegetables above.

Recipe Source: Adapted from *Eating Purely: More than 100 All-Natural, Organic, Gluten-Free for a Healthy Life* by Elizabeth Stein