

# EASY Pad Thai (Gluten-free, grain-free, dairy-free, soy-free)

## INGREDIENTS:

For the Sauce:

- 1/3 cup packed brown sugar
- 1/4 cup fish sauce
- 2 T coconut aminos (or gluten-free soy sauce if you can have soy)
- 2 T tomato paste (as a thickener)
- Juice from 1 lime
- 1 T sesame oil
- Red pepper flakes to taste
- Salt to taste

For the Pad Thai:

- 1 batch Pad Thai Sauce (below)
- 2 7-oz packages of shirataki fettuccini noodles such as [Miracle Noodle](#) (or 14 oz pad thai noodles)
- 3 T cooking oil
- 2 cloves garlic, finely chopped
- 2 tsp ground ginger
- 3 eggs, whisked
- 3 green onions, thinly sliced (reserve some of the green tops for garnish)
- 2 T fresh cilantro
- Garnishes: chopped peanuts, crushed red pepper flakes, cilantro, lime wedges

## DIRECTIONS:

- Whisk together all of the sauce ingredients and set aside.
- Cook your noodles according to instructions. If you are using the [shirataki noodles](#), simply heat them in a pan on medium-high for a couple minutes to remove the moisture.
- Add the oil, garlic, and ginger. Stir to combine. Saute for about 2 minutes. (if you are adding protein such as chicken, shrimp or tofu, add it to the pan and saute now)
- Push the noodles to the sides of the pan leaving the middle of the pan bare. Pour the eggs into the middle of the pan and cook until scrambled, stirring often.
- Now, put it all together! Add the sauce, green onions and cilantro to the pan. Toss to coat everything thoroughly. Remove from heat.
- Transfer the pad thai to a serving dish. Garnish with lots of chopped peanuts, red pepper flakes, extra cilantro, and a squeeze of fresh lime juice.
- Enjoy!

