

Zoodle Pad Thai with Spicy Peanut Sauce

Laptop2tabletop.com for Salem NH Farmers Market



I treated myself to the newest Paderno spiralizer. Besides being more compact, it now has four blades, the newest being an angel hair “pasta” blade. I used the regular “spaghetti” blade, though, for the zucchini, which are very watery and ended up being more “grated” than spiralized. The angel hair blade worked well on carrots.

If you don’t have a spiralizer, you can use a mandoline or julienned peeler; be resourceful – you can also use a regular peeler if you don’t have any of these gadgets.

We’d been craving Pad Thai at work but don’t have a restaurant really close to the office. This helped to satisfy my Thai

craving, the abundance of zucchini and playing with my spiralizer, one of the most fun kitchen tools I have.

What you need:

Sauce:

- 1 garlic clove, finely chopped
- 2 tbs sesame oil
- 1/4 c peanut butter
- 1/2 tbs peeled and finely chopped fresh ginger
- 3 tbs fresh lime juice
- 2 tbs Thai chili garlic sauce
- 2 tbs Braggs Amino Acid
- 1 tsp honey
- Freshly ground sea salt and black pepper

Zoodles:

- EVOO
- 1/2 Vidalia onion, finely chopped
- 1 zucchini, spiralized (or thinly julienned)

- 2 large carrots, spiralized (or thinly julienned)
- 1 red pepper, thinly sliced
- 3 green onions, thinly sliced
- 1 tbs chopped cilantro
- 1 tsp sesame seeds
- Freshly ground sea salt and black pepper
- Fresh lime wedges and cilantro for garnish

What you do:

- Add all sauce ingredients to food processor and pulse until well combined.
- Season with salt and pepper.
- Heat 1 tbs EVOO in sautépan over med heat.
- Add onion, carrots and red pepper and cook for 3 min.
- Add garlic and cook for another 2-3 min, stirring frequently, until the onion begins to soften.
- Add in the sauce and whisk until sauce thickens, about 3 min.
- Once the sauce is thick, add in the zucchini noodles, green onions and cilantro and stir to combine thoroughly.
- Season with salt and pepper.
- Cook for about 2 minutes or until zoodles soften.
- Add sesame seeds.
- Spoon onto individual serving dishes.
- Serve with lime wedges and garnish with cilantro leaves