

Zucchini Bread Recipes

Easy Shrimp Pad Thai – Ready in 30 Minutes

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Thai** Cuisine

Ingredients

Main Ingredients

- [ ] 8 oz rice noodles
- [ ] 12 large shrimp, peeled and deveined
- [ ] 2 cups bean sprouts
- [ ] 1 cup shredded carrots
- [ ] 3 green onions, sliced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp vegetable oil

For the Sauce

- [ ] 3 tbsp tamarind paste
- [ ] 2 tbsp fish sauce
- [ ] 1 tbsp palm sugar
- [ ] 1 tbsp lime juice
- [ ] 1 tsp chili flakes

Instructions

1. Soak rice noodles in warm water for 10-12 minutes until pliable, then drain and set aside.
2. In a small bowl, whisk together tamarind paste, fish sauce, palm sugar, lime juice, and chili flakes. Adjust sweetness or sourness as desired.
3. Heat a wok over medium-high heat, add 1 tbsp oil, and sear the shrimp for 2-3 minutes until pink. Remove and set aside.
4. Add remaining oil, sauté garlic until fragrant, then toss in carrots and green onions. Stir for 1 minute.
5. Return shrimp to the pan, add the drained noodles, and pour the sauce over everything. Toss quickly, letting the sauce coat the noodles.
6. Stir in bean sprouts, cook for another minute, then remove from heat. Sprinkle with chopped peanuts and fresh cilantro.
7. Serve hot, with lime wedges on the side. For extra depth, try the High Protein shrimp variation.

Nutrition per serving

420 kcal	28 g	48 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the noodles cling, add a splash of the soaking water.
- Keep the wok hot; this prevents the shrimp from stewing.
- Taste the sauce before the final toss to ensure balance.