

Thai Noodles (Phad Thai) Recipe #22085

This is my favorite recipe for Phad Thai. It comes from "Quick & Easy Thai Cuisine" by Judy Lew and Chef Rut. I've tried many other recipes but none are as easy or as good as this one. I highly recommend the optional ingredients if you fix this. The 3 hours prep. time is soaking the rice noodles.

by **Susan Dillard**

4 servings

3½ hours 3 hours prep

- 8 ounces **dried rice noodles**
- 3 tablespoons **oil**
- 1 clove **garlic**, minced
- 1 **egg**
- 1/4 lb **shrimp**, shelled and deveined
- 1/4 cup **water** (use only as needed if noodle mixture is too dry)
- 1/4 cup **fish sauce**
- 1/4 cup **sugar**
- 1 tablespoon **paprika**
- 1 **green onion**, cut into 1 inch lengths
- 1/4 cup ground **roasted peanuts**
- 1 cup **bean sprouts**

Optional Garnishes

- cilantro**
- lime slices**
- 1/2 cup **bean sprouts**
- 1/2 cup shredded **carrots**
- 1/2 cup **red cabbage**, shredded
- lemon wedges**

1. Soak the noodles in cool water until they are soft (about 3 hours).
2. Heat oil in skillet or wok until hot and then add garlic, shrimp and egg.
3. Stir fry until shrimp and egg are cooked.
4. Reduce the temperature if needed to keep from overcooking.
5. Drain noodles and add to pan with shrimp mixture.
6. Stir fry until noodles are translucent and become somewhat soft, losing their stiffness.
7. Add water as needed to keep from sticking.
8. When noodles are soft, add the fish sauce, sugar and paprika; thoroughly combine.
9. Add peanut, bean sprouts, green onion and mix well.

Nutrition Facts

Calculated for **1 serving** (274g)
Recipe makes 4 servings

Calories 506

Calories from Fat 175 (34%)

| Amount Per Serving | %DV |
|---------------------------------|------------|
| Total Fat 19.5g | 29% |
| Saturated Fat 2.9g | 14% |
| Polyunsat. Fat 8.4g | |
| Monounsat. Fat 7.0g | |
| Trans Fat 0.0g | |
| Cholesterol 108mg | 36% |
| Sodium 1411mg | 58% |
| Potassium 396mg | 11% |
| Total Carbohydrate 69.1g | 23% |
| Dietary Fiber 4.1g | 16% |
| Sugars 16.5g | |
| Protein 15.3g | 30% |
| Vitamin A 3490mcg | 69% |
| Vitamin B ₆ 0.3mg | 15% |
| Vitamin B ₁₂ 0.7mcg | 10% |
| Vitamin C 13mg | 23% |
| Vitamin E 3mcg | 11% |
| Calcium 62mg | 6% |
| Magnesium 83mg | 20% |
| Iron 2mg | 15% |
| Alcohol 0.0g Caffeine 0.0mg | |

10. Garnish with optional ingredients if desired and serve.

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