



Pad Thai Zucchini "Noodles"

🕒 Yield : 4 Servings

🕒 Total Time : 35 Minutes

🍴 Cuisine : Thai

🥗 Per Serving : 1 Leaner | 3 Greens | 1 Healthy Fat | 3 Condiments

310 Calories | 41 g Protein | 13 g Carbohydrate | 11 g Fat

🌿 Contains : Peanuts, Soy, Gluten, Shellfish and Egg

Ingredients

For Peanut Sauce:

- 28g (36 pieces) of peanut, grinded or crushed
- 2 Tbsp lime juice
- 1 Tbsp lime zest
- 2 Tbsp low-sodium soy sauce
- 2 tsp grated fresh ginger
- ½ tsp red pepper flakes
- 2-3 Tbsp water (to thin sauce)

For Pad Thai Zucchini Noodles:

- 3 medium zucchini (about 580g)
- 1 tsp olive oil
- Cooking spray
- 2 lb raw shrimp, peeled and de-veined
- 1 cup chopped or sliced bell pepper
- ½ cup chopped scallion
- 3 whole eggs
- ½ cup bean sprouts
- ½ cup fresh cilantro

Directions

1. Combine peanut sauce ingredients in a small bowl, and set aside.
2. Prepare zucchini noodles using a mandoline, julienne peeler, or spiralizer. Should yield 4 cups zucchini noodles.
3. Heat olive oil in large skillet over medium-high heat. Add zucchini noodles and cook, stirring occasionally, for 2 to 3 minutes. Remove the noodles from the pan, and drain the excess water.
4. Heat a separate large sauté pan over medium-high heat, and lightly grease with cooking spray. Add the shrimp, and cook until shrimp is tender and becomes pink, about 3 to 4 minutes.
5. Add the bell pepper and green onion, and cook for about 1 to 2 minutes, until tender. Add the eggs, and stir in with the vegetables, until the eggs are cooked.
6. Add the zucchini noodles back into the same pan, and then add the sauce. Cook for about 1 more minute, until the zucchini noodles are heated through. Stir in the bean sprouts and cilantro, serve immediately.