



Shrimp Pad Thai

Servings 6 | Prep time 10 mins. | Total time 30 mins.

Equipment: Pot, Colander, 2 Small Bowls, Large Frying Pan, Measuring Cups and Spoons

Utensils: Mixing Spoons, Fork or Whisk

Ingredients

6 ounces whole wheat spaghetti noodles
2 tablespoons olive or vegetable oil, divided
24 ounces frozen vegetable mix
3 tablespoons light soy sauce
¼ cup water
¼ cup peanut butter
2 tablespoons sugar
½ pound of raw, frozen, deveined, tail-off shrimp
3 eggs
1/3 cup peanuts, chopped

Nutritional Information:

Calories 430
Total Fat 19g
Sodium 620mg
Total Carbs 47g
Protein 22g

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Thaw shrimp according to package directions.
3. Cook spaghetti according to package directions. Drain in colander. Toss with 1 tablespoon oil.
4. Defrost vegetables in microwave for 5 minutes as spaghetti cooks.
5. Combine soy sauce, water, peanut butter, and sugar in a small bowl. Stir until smooth. Remove from frying pan and set aside.
6. Heat 1 tablespoon of oil in large frying pan over medium-high heat. Add shrimp, cook for 3-4 minutes or until pink. Remove from pan.
7. Crack eggs into a small bowl and beat with fork. Add to frying pan. Scramble until firm. Add vegetables and cooked spaghetti noodles to the pan. Stir to heat through. Add shrimp after heated.
8. Add soy sauce mixture to the frying pan. Stir to coat.
9. Garnish with peanuts and serve.