



# Shrimp Pad Thai

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

## Equipment:

Medium pot or saucepan  
Colander  
2 small bowls,  
Large frying pan

## Utensils:

Mixing spoon  
Fork or whisk  
Measuring cups and spoons

## Ingredients

6 ounces whole grain spaghetti  
2 tablespoons olive oil OR vegetable oil, divided  
1 24 ounce package frozen vegetable mix  
3 tablespoons lite soy sauce  
1/4 cup water  
1/4 cup peanut butter  
2 tablespoons sugar  
1/2 pound of raw, frozen, deveined, tail-off  
shrimp  
3 eggs  
1/3 cup unsalted peanuts, chopped

## Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Thaw shrimp according to package directions.
3. Cook spaghetti, in medium pot or saucepan, 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.

## Nutritional Information:

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