



## BUILD YOUR OWN PAD THAI

Pad Thai is a delicious and nutritious recipe to make for your whānau! It's a great way to eat lots of yummy seasonal vegetables and you can adapt it easily to use the ingredients you already have at home.

### COOK TO WIN!

Watch our video 'Build your own Pad Thai' then try making the recipe with ingredients you have at home. Share a photo of your creation to enter the monthly prize draw to win a cooking prize pack including:

- \$200 Two Raw Sisters voucher
- \$100 grocery Voucher
- \$200 The Warehouse voucher for your school



WIN!

Visit our website to find out more! [www.tworawsistersandagiraffe.org.nz/win](http://www.tworawsistersandagiraffe.org.nz/win)

#### SERVES:

4+

#### PREP TIME:

20 minutes

#### FRIDGE LIFE:

4 days

### INGREDIENTS:

#### YOUR TERIYAKI SAUCE

- 6 tbsp soy sauce or tamari
- 2 tsp sesame oil
- 1 tsp coconut sugar or brown sugar
- 1 tbsp ginger, freshly grated

#### AUTUMN PRODUCE

- 2 cups cabbage, thinly sliced
- 1 carrot, cut into small pieces
- 2 bunches of bok choy, sliced
- 1/2 head of cauliflower, cut into florets
- 1/2 head of broccoli, cut into florets
- 2 cups of mushrooms, thinly sliced
- 12 Brussels sprouts, thinly sliced
- 1 leek, thinly sliced
- 2 cups of watercress

SELECT THE  
SEASON YOU'RE IN  
THEN CHOOSE 3 OR  
MORE VEGETABLES

#### YOUR CHOICE OF NOODLES

- 250g rice noodles
- 250g udon noodles
- 250g soba noodles

#### SPRING PRODUCE

- 2 cups cabbage, thinly sliced
- 2 zucchini, cut into chunks
- 2 bunches of bok choy, sliced
- 2 spring onions, thinly sliced
- 1/2 head of broccoli, cut into florets
- 2 cups of mushrooms, thinly sliced
- 1 capsicum, chopped in pieces
- 1 cup beans



**WINTER PRODUCE**

- 2 cups cabbage, thinly sliced
- 1 carrot, cut into small pieces
- 2 bunches of bok choy, sliced
- 1/2 head of cauliflower, cut into florets
- 1/2 head of broccoli, cut into florets
- 2 cups of mushrooms, thinly sliced
- 12 Brussels sprouts, thinly sliced
- 1 leek, thinly sliced
- 2 cups of watercress

**PROTEIN (to add on the side or stir through)**

- Chicken
- Prawns
- Fish
- Beef
- Pork
- Tofu
- Lentils

**SUMMER PRODUCE**

- 2 cups cabbage, thinly sliced
- 2 zucchini, cut into chunks
- 2 bunches of bok choy, sliced
- 2 spring onions, thinly sliced
- 1/2 head of broccoli, cut into florets
- 2 cups of mushrooms, thinly sliced
- 1 capsicum, chopped in pieces
- 8 spears of asparagus
- 1 cup beans

**OPTIONAL ADDITIONS**

- 1 cup peanuts, roasted and roughly chopped
- 1 cup coriander, roughly chopped
- Any other fresh herbs or greens

**METHOD:**

1. Make the teriyaki sauce, adding all of the ingredients to a small bowl and mix until well combined. Set aside.
2. Cook your choice of noodles, according to their packet instructions. Drain once cooked.
3. Prepare your vegetables and protein by cutting them into bite size pieces.
4. In a pan, heat 2 tbsp of oil and cook your protein until it is cooked through. Place in a bowl.
5. Add your choice of seasonal vegetables to the pan. Cook for 3-4 minutes. Halfway through the cooking process add a couple of teaspoons of the teriyaki sauce.
6. Spoon the vegetables from the pan into a large bowl.
7. Place the pan back over the heat and add your cooked noodles and the rest of the teriyaki sauce. Toss in the pan, until all the noodles are well coated with the sauce. Cook for 2-3 minutes.
8. Add the noodles, protein and any optional extras to the bowl of vegetables then toss to combine.

**BUILD YOUR OWN PAD THAI RECIPE:**

Thinking about the season we're in now, which seasonal vegetables would you choose to include in this recipe?

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Which protein would you include?

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What optional additions would you include?

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