



## 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.

### 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

#### 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

SELECT THE  
SEASON YOU'RE IN  
THEN CHOOSE UP TO  
3 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

#### 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



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

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

**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. Add 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.

**1. 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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**2. LEARN WHY IT'S IMPORTANT TO HAVE A BALANCED DIET**

Read Harold's Fact Sheet: [What is a balanced diet](#) and complete the quiz.



**3. READ THE [5+ A DAY SHOP FOR VALUE RESOURCE](#)**

Think about the vegetables you've used in your Pad Thai. What ways can you use up any remaining vegetables you might have left over?

