

Sweet Potato Veggie Pad Thai

JOYOUS HEALTH

Recipe by Rachel Molenda from Joyous Health

Ingredients:

Pad Thai Noodles

- 1 large sweet potato, spiralized*
- 2 cups carrots, chopped
- 2 cups cauliflower florets
- 1 small red pepper, julienned
- cilantro, to garnish
- 1-2 tbsp grapeseed oil

Pad Thai Sauce

- 1/4 cup grapeseed oil (or olive oil)
- 1/4 cup tamari
- 2 tbsp almond butter
- 1 tbsp maple syrup
- 1/2 lime, freshly squeezed
- 2 cloves of garlic, minced
- 1-inch knob of ginger, minced
- 1 tsp crushed red pepper flakes
- Sea salt, to taste

Instructions:

1. Prepare sweet potato, carrots, cauliflower and red pepper as stated. Set ingredients aside.
2. Pour Pad Thai Sauce ingredients into a medium size bowl or measuring cup and whisk thoroughly. Set aside.
3. Preheat a large skillet on medium heat and drizzle grapeseed oil in pan. Once hot, begin to sauté the cauliflower and carrots for 5 minutes, followed by the red pepper for 2-3 minutes. Remove from pan and transfer to a large mixing bowl.
4. Using the same pan, toss in the sweet potato noodles (you might want to drizzle it with a bit more grapeseed oil at this point). Toss it in the pan with tongs for 8 minutes until the sweet potato noodles look a bit glossy (but try to avoid overcooking them).
5. Once cooked, add the sweet potato noodles to a bowl with the other vegetables and pour Pad Thai Sauce all over it. Mix with tongs to ensure the sauce covers every part of it.
6. Plate, garnish with cilantro and serve!

Notes:

Makes 2-3 servings. *If you don't have a spiralizer you can use a veggie peeler.