



# THE EAT-CLEAN DIET®

*FAST FAT LOSS that lasts forever!*

FAB RECIPE – WEEK OF 2 APRIL 2012

## Pad Thai Eat-Clean Style



### Nutritional Value per Serving:

Calories: 158

Calories from Fat: 19

Total Fat: 2 g

Saturated Fat: 0.3 g

Total Carbs: 30 g

Fiber: 2 g

Protein: 5 g

Sodium: 102 mg

Cholesterol: 0 mg

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**YIELD: 8 servings**

**PREPARATION TIME: 50 minutes**

**COOKING TIME: 25 minutes**

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### Details

Looking for a tasty alternative to your usual chicken and broccoli? This Pad Thai recipe from [The Eat-Clean Diet® Cookbook](#) is just for you! Loaded with crisp vegetables and soft rice noodles, this exotic dish will have your whole family wanting more. Good thing it makes enough for leftovers!

#### Ingredients

- 8 oz / 224 g rice noodles or brown rice noodles, flat
- (Enough hot boiled water to cover noodles\*)
- 1 Tbsp / 15 ml canola oil
- 2 cloves garlic, passed through a garlic press
- 2 cups / 480 ml shredded Savoy cabbage
- 2 thick carrots, peeled and cut into thin slices
- 5 egg whites, lightly beaten
- 3 cups / 710 ml bean sprouts
- 1 cup / 240 ml julienned green zucchini



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- 1 cup / 240 ml chopped green onions
- ¼ cup / 60 ml fresh cilantro, chopped for garnish
- \*Reserve 2 Tbsp / 30 ml noodle water

### Sauce

- 3 Tbsp / 45 ml rice wine vinegar or rice vinegar
- ¼ cup / 60 ml low-sodium tomato paste
- 2 Tbsp / 30 ml reserved noodle water
- 2 Tbsp / 30 ml unsulfured molasses
- 2 Tbsp / 30 ml low-sodium soy sauce or tamari

### Preparation

1. Cover the rice noodles with boiling water in a ceramic bowl. Cover and let stand for 20 minutes to soften noodles. Drain, reserving 2 Tbsp / 30 ml noodle water.
2. In a small bowl, whisk together all sauce ingredients. Set aside.
3. In a large skillet, heat oil over medium heat. Stir in garlic, cabbage and carrot. Stir-fry for 5 minutes. Make a well in the middle of the pan and scramble the egg whites. Add noodles and sauce and cook for 5 minutes. Add bean sprouts, zucchini and green onions and cook a little longer to heat through. Remove from heat and serve. Garnish each dish with chopped cilantro.

### Tosca's Tip

Add tofu or grilled chicken to this dish for extra flavor and a protein boost.

Source: [www.eatcleandiet.com](http://www.eatcleandiet.com)