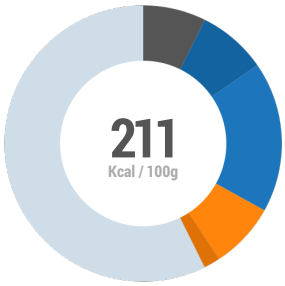
Crispy Tofoo Pad Thai

Overview ...





WEIGHT:

25.7% Carbs

7.3% Protein

9.7% Fat

57% Water

Food Labelling...

Serves 1

CONTAINS:

WHEAT PEANUTS SOYA SULPHITES

MAY CONTAIN:

OATS, BARLEY HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS SESAME

OTHER PROPERTIES:

VEGETARIAN VEGAN

Recipe Ingredients ...	Quantity:	Description:
128315 Flat Rice Noodles.. -	50g	0.5x Each
10439 Fresh Garlic (19 Oct 2023)..	15g	
525271 Red Peppers..	30g	0.03x Each
10469 Cooking Onions (19 Oct 2023)..	30g	
110076 Snacking Essentials Dry Roasted Peanuts..	30g	
10478 Limes (19 Oct 2023)..	70g	
113885 Herb Bunched Coriander..	10g	0.1x Each
124867 Kikkoman Tamari Gluten Free Soy Sauce 1L.. -	25g	0.03x Each
350102 Tate & Lyle Light Soft Brown Sugar 3kg..	10g	0x Each
127153 Mikado Rice Vinegar CASE..	10ml	
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml..	10g	0.01x Each
136321 Sun-Pat Smooth Peanut Butter..	25g	
100535 Pure Canadian Maple Syrup.. -	10g	0.02x Each

Products / Pack Sizes ...

1 Serving



Product code

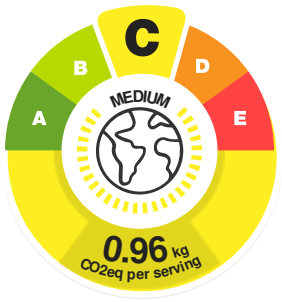
Barcode

325g / 704kcal

\# 1

Sustainability & Foodprint...

Component			Grade	Contribution
Food Production				**1.20kg**
50.0g	128315 Flat Rice Noodles		D	0.80kg
15.0g	10439 Fresh Garlic (19 Oct 2023)		A	0.01kg
30.0g	525271 Red Peppers		A	0.02kg
30.0g	10469 Cooking Onions (19 Oct 2023)		A	0.02kg
30.0g	110076 Snacking Essentials Dry Roasted Peanuts		X	-
70.0g	10478 Limes (19 Oct 2023)		A	0.02kg
10.0g	113885 Herb Bunched Coriander		B	0.01kg
25.0g	124867 Kikkoman Tamari Gluten Free Soy Sauce 1L		B	0.04kg
10.0g	350102 Tate & Lyle Light Soft Brown Sugar 3kg		A	0.00kg
10.0g	127153 Mikado Rice Vinegar CASE		B	0.01kg
10.0g	112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml		B	0.02kg
25.0g	136321 Sun-Pat Smooth Peanut Butter		D	0.24kg
10.0g	100535	Pure Canadian Maple Syrup	B	0.01kg
Water Usage				**620l**
50.0g	128315 Flat Rice Noodles		3	66.4l
15.0g	10439 Fresh Garlic (19 Oct 2023)		2	8.84l
30.0g	525271 Red Peppers		8	221l
30.0g	10469 Cooking Onions (19 Oct 2023)		1	8.71l
30.0g	110076 Snacking Essentials Dry Roasted Peanuts		-	-
70.0g	10478 Limes (19 Oct 2023)		2	44.9l
10.0g	113885 Herb Bunched Coriander		9	82.8l
25.0g	124867 Kikkoman Tamari Gluten Free Soy Sauce 1L		2	15.3l
10.0g	350102 Tate & Lyle Light Soft Brown Sugar 3kg		2	8.93l
10.0g	127153 Mikado Rice Vinegar CASE		X	-
10.0g	112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml		2	6.13l
25.0g	136321 Sun-Pat Smooth Peanut Butter		7	139l
10.0g	100535	Pure Canadian Maple Syrup	4	18.4l



foodprint



62% Data Quality Score

Your Transport & Packaging:

1 Serving *325g* (serves 1)

Cooking Instructions & Notes

Preparation:

Chop the onion
Slice the garlic
Baton the pepper
Chop the coriander
Chop the peanuts
Pre-cook the rice noodles

Method:

1. Make the pad thai sauce by combining the soy, sriracha, rice wine vinegar, maple syrup, half the lime juice and peanut butter
2. Whisk over a medium heat, bring to a gentle boil and take off the heat - set aside.
3. In a pan over a high heat fry the tofoo, garlic, onion and peppers together. once softened slightly add in the rice noodles and toss.
4. Add in half the coriander and chopped nuts followed by the pad thai sauce.
5. Coat well and transfer to a suitable dish and garnish with the remaining coriander and peanuts - serve!

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