WILDFIT Pad Thai

PREP TIME 15 mins	COOK TIME 10 mins	TOTAL TIME 25 mins	MAKES 4 servings

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SEASON: Spring, Summer, Fall

WEEKS: 1-5 & Living Wildfit

INGREDIENTS

DISH:

- 4 small zucchini, spiralized or sliced to noodles
- 3 chicken thighs (leftovers or ~1 lb deboned)
- 1/4 cup cilantro, chopped
- 3 medium Green Onions, chopped
- 2 large Eggs
- 1 Tbsp avocado oil
- 8 oz. (1 cup) bean sprouts
- 2 Tbsp. almonds or ethical cashews, chopped

SAUCE:

- Juice 1 lime
- 1 1/2 Tbsp. Sugar free tomato paste
- 1/2 tsp. Worcestershire Sauce
- 3 Tbsp. Fish Sauce (or coconut aminos)
- 1 inch chunk of ginger
- Hot sauce or red pepper flakes to taste
- 1 1/2 tsp. Minced Garlic
- 1 Tbsp. Natural Almond Butter
- 1 tsp. Apple cider vinegar

PREPARATION

1. Spiralize the zucchini noodles, or alternatively, use a veg peeler or other tool to create long noodles with it.
2. In a colander, add the zucchini noodles and sprinkle 1 Tbsp of salt over them, tossing to coat. Allow noodles to drain excess water for 30 minutes.
3. Mix together all of the sauce ingredients together in a blender. Blend well, set aside so the flavours can meld.
4. Use leftover chicken meat (approx 1 lb. or 2 cups) or make meat fresh by heat 2 Tbsp. olive oil in a pan over medium-high heat. Once the pan is hot, add the chicken to create a sear. Flip chicken pieces over to sear the other side, cooking 5-7 minutes until done. Remove from pan.
5. Pick up zucchini noodles and squeeze to remove excess water. Blot dry with a clean dish towel.
6. In the same pan, add the zucchini noodles and dry fry them for 2 minutes to firm them up a bit.
7. Reduce heat and scramble 2 eggs into the noodles.
8. Add the sauce, chicken (including oil) and green onion to the noodles. Let this cook down for about 5 minutes depending on thickness you want.

9. Garnish with cilantro and bean sprouts, stir in to combine. Serve with a slice of lemon or lime, sprouts , cilantro leaves and chopped nuts.