

# Tofu Pad Thai with Zucchini Noodles

Your favorite Thai dinner cooked by you. Our fresh tamarin and miso Pad Thai sauce is perfect with sautéed tofu, edamame, cabbage and carrots. Served over zucchini noodles, it's as low-carb dinner that's as healthy as it is delicious.

**20** *Minutes to the Table*

**20** *Minutes Hands On*

**1 Whisk** *Super-Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Egg (1 per serving)

### 5 MEEZ CONTAINERS

Zucchini Noodles

Tofu

Vegetables

Pad Thai Sauce

Peanuts

## Make the Meal Your Own

Pad Thai is listed at number five on a list of "World's 50 most delicious foods" readers' poll compiled by CNN.

## Good to Know

Our **Tofu** is non-GMO, organic and oh so delicious!

**Health snapshot per serving** – 420 Calories, 30g Protein, 24g Fat, 5 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Zucchini, Tofu, Edamame, Cabbage, Carrots, Onion, Peanuts, Basil, Garlic, Tamari, Tamarind, Miso, Brown Sugar.

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### 1. Cook the Zucchini Noodles

Heat 1 Tbsp olive oil in a large skillet over high heat.

Dry the **Zucchini Noodles** with a paper towel. When the oil is very hot, place the zucchini noodles in the pan in a single layer spread evenly across the entire skillet. Cook, without stirring, until the zucchini noodles are slightly charred, 2 to 3 minutes. Remove from the pan and set aside.

*Don't wipe out the skillet. You'll be using it in step 2.*

### 2. Sauté the Tofu and Vegetables

Add 2 Tbsp olive oil and return the skillet to the stove over high heat. When the oil is very hot, add the **Tofu** and sauté until the edges are crispy, about 2 minutes.

Place the **Vegetables** in the skillet and cook until the carrots start to soften, and the cabbage turns bright green, about 2 minutes.

### 3. Cook the Eggs

Beat 2 eggs in a small bowl.

Lower the heat to medium and push the vegetables and tofu to one side of the pan. Pour the eggs into the open space and cook until the eggs are no longer liquid, about 1 to 2 minutes, then break up the eggs and stir them into the vegetables and tofu.

### 4. Put It All Together

Pour the **Pad Thai Sauce** into the skillet and mix until all are coated. Remove from the heat.

Add the zucchini noodles back to the pan, stirring until they are also coated in sauce.

Plate the Pad Thai and top with the **Peanuts**. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**