



Real Food Recommendations For Optimal Health

Raw Pad Thai

Serves 2.

Ingredients

- 1 large zucchini, peeled
- 1 large carrot, peeled shredded
- ½ red, or yellow capsicum finely sliced
- ¼ red or green cabbage sliced
- ¼ cup bean sprouts
- 2 green onions, chopped
(plus more for garnish)
- 2 tbsp. fresh coriander, chopped
(plus more for garnish)
- 2 tbsp. cashews, chopped
(for garnish)
- 1 lime



Dressing

- 3 tbsp raw almond butter
- 1½ tbsp lime juice
- 1 tbsp coconut oil, melted
- 1 tbsp tamari
- 3 tbsp water
- 1 tbsp coriander
- ¼ - ½ small chili, chopped (to taste)

Method

- Using a mandolin or julienne peeler, slice the zucchini into very thin, noodle sized strips.
- Place in a bowl and add carrots, bean sprouts, capsicum, cabbage, onions, and coriander. Mix to combine and set aside .
- In a blender or food processor combine all the ingredients for the dressing, blending until smooth. Pour over noodle mixture and toss to coat.
- Divide evenly on two separate plates and top with coriander, green onions, and cashews. Squeeze fresh lime juice over pad thai and enjoy!
- Add tofu, scrambled eggs or chicken to increase protein content

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