

Shrimp Pad Thai

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 5 minutes

Serves: 4

CChints: You can find flat rice noodles in some markets in the Asian section or a Asian market. If you can't find flat noodles you can use round rice noodles about the size of a spaghetti noodle. They will be very white and when cooked are almost opaque. Ponzu sauce is a citrus soy sauce and lighter in sodium than low sodium soy sauce. It can be used in any recipe when you want a substitute for the high sodium soy. Bottled fish sauce doesn't really smell like fish and it and Ponzu sauce can also be found on the Asian isle in most markets.



8 ounces uncooked flat rice noodles
15 ounce can chicken broth + water to cover the noodles
2-1/2 tablespoons brown sugar
2-1/2 tablespoons Ponzu sauce
1-1/2 tablespoons fish sauce
2 tablespoons fresh lime juice, about 1 good size lime
1 Tablespoon sweet chili sauce
2 tablespoons canola oil
1/2 cup sliced yellow onion cut into 1" lengths
1/3 cup chopped red bell pepper
3/4 pound medium to large shrimp, peeled and deveined
5 gloves of mince garlic, fresh or from a jar
1/2 cup sliced green onions in 1 inch pieces
28 ounce can chop suey canned vegetable mixture, drained
8 ounce can slice water chestnuts, drained
Optional: 1 cup green or snow peas
Garnish: 2 tablespoons thinly sliced basil leaves and/or 3 ounce can crisp rice noodles

If you have a Wok, this is the perfect recipe to use it for. If not, use a large nonstick skillet.

In a large sauce pan, cook the noodles according to package directions using the chicken broth and water. While they cook, start the rest of the recipe. When the noodles are done, drain them before adding to the pan.

In a small bowl combine the sugar through chili sauce and stir until sugar dissolves.

Heat the wok or skillet over medium-high heat and add the oil. When the oil is hot add the yellow onions and red bell peppers. Stir-fry for 2 minutes then stir in the shrimp through snow peas. Stir-fry for 2-3 minutes or until the vegetables are warm and the shrimp is done. The shrimp will start to curl and turn pink when they are done; just be careful to not overcook.

Reduce the heat to medium and pour in the sauce, cook for 1 minute, stirring constantly. Drain the noodles and add them to the mixture. Stir to combine and serve.

Divide among 4 dinner plates and garnish. Eat with chop sticks and enjoy.