

Vegetarian Pad Thai Noodle

Ingredients

1. Preserved turnip
2. Green beans
3. Bean shoots
4. Bean curd (Firm Fried variety)
5. Choy Sum
6. Canned bamboo shoots
7. Rice stick noodle
8. Sunflower kernels
9. Dried chilli flakes (optional)
10. Salt
11. Pepper
12. Cooking oil
13. Tamarind paste – 1 Tablespoon
14. Palm sugar – 1 Block
15. Soya sauce – 1 Tablespoon

To make the sauce

In a saucepan, melt palm sugar with a little bit of water. Stir in tamarind paste and soya sauce. You should be able to taste sweetness, saltiness and sourness in the sauce; if not adjust accordingly.

{Precaution : Take care not to taste the sauce hot from the pan as this hot syrupy sauce can leave bad burn in your finger/tongue}.

Preparation

1. Mince preserved turnip.
2. Remove tips from green beans and cut the beans.
3. Thinly slice bean curds and bamboo shoots.
4. Cut choy sum into shorter lengths.
5. Get rice stick noodles ready. If you are using fresh rice stick noodles, microwave these for thirty seconds to make it easier to loosen the noodles into strands. If you are using dried rice stick noodles, presoak them in warm water for thirty minutes, then loosen the noodles into strands.

Cooking

1. Heat the wok hot, add oil and coat wok with the oil to create a non-stick surface. Tip out excess oil leaving a spoonful of oil in the wok.
2. Stir in turnip and bean curd followed by the beans.
3. Add in strands of rice stick noodle.

(If the wok looks a bit dry, add in a bit of oil before adding noodle to ensure noodle does not stick to the wok).

Gently toss and stir the noodles around the wok. To ensure you do not break the noodles, do not stab at the noodles when stirring. Cook the noodles till hot with smokiness in the wok before adding the next ingredients.

4. Stir in bamboo shoots and choy sum. Gradually add in the sauce and taste as you go and adjust the sauce accordingly. Add in salt and pepper. Moisture from the choy sum will soften the noodles. Gently toss / stir the noodles until ready. Optional : you can add in dried chilli flakes.
5. To garnish the dish, sprinkle sunflower kernels, bean shoots and add a lemon wedge. You can substitute sunflower kernels with nuts.