



Pad See Ew

Serves six

13 oz. thick rice noodles

3 TBS vegetable oil

2 heaping TBs of minced garlic

1 pound shelled and deveined shrimp – butterflied (cut a small slit on the back)

½ TBS of oyster sauce

2 tsp. fish sauce

1 TBS mushroom dark soy sauce

2 tsp. sugar

3 eggs

½ a white onion sliced into thick slices

1 head of broccoli separated into medium sized florets – about 3 cups (peel and chop the stalk as well)

Black pepper

Soak the noodles for about 30 minutes on room temperature water – until they are flexible. Drain them and set them aside.

Heat 2 TBS of oil in a skillet. When it is hot add the garlic. Cook it, stirring constantly, for about 2 minutes – until you can smell it. Add the shrimp and some black pepper. Cook the shrimp for about 4 minutes – until it changes color – flipping occasionally. Do not overcook it as it will turn rubbery. Remove from the skillet and set aside.

Add the noodles to the pan and stir. Add the oyster sauce, fish sauce, soy sauce and sugar. Mix well and cook for about 4 to 5 minutes until the noodles are soft. Pile the noodles up on one side of your skillet. Add the eggs to the skillet side with no noodles and allow them to set for about a minute. Start scrambling them and incorporate them into the noodles – do not stir them in, rather grab 2 spatulas and fold the noodles a few times until everything is mixed. You can watch the video to see exactly what I am talking about.

Add the onions and broccoli and the remaining oil. Mix well and allow the broccoli to cook for about 4 minutes until it is dark green, cooked but still crisp. Return the shrimp to the pan and stir. Heat through and serve. Enjoy!

CALORIES 413.72; FAT 11.06 grs (sat 1.35; mono 6.06; poly 1.68); PROTEIN 15.85 grs ; FIBER 2.82 grs; CARBS 62.27 grs; CHOLESTEROL 201.24 mg; IRON 1.90 mg; SODIUM 974.25 mg; CALCIUM 105.87 mg

