

Kohlrabi "Linguine" Pad Thai

The Method

For Pad Thai Sauce

To make the sauce, add tamarind paste, water, fish sauce, coconut aminos, rice vinegar, and sugar to a small saucepan over medium-low heat, whisk to combine, and simmer just until all ingredients are dissolved, about 3 minutes. Remove from heat and add chili flakes and salt to your liking. If you wish to add more sugar, you must simmer the sauce again until dissolved. Set aside.

Note: You may use store-bought Pad Thai Sauce, use 2 tablespoons

For Noodles

Add oil to a skillet over medium heat. Sauté peppers until slightly soft, 3-4 minutes. Add garlic and shrimp and cook until garlic is fragrant and shrimp are pink throughout, about 4 minutes.

Steam the Mann's Kohlrabi "Linguine" Noodles in the microwave according to bag instructions. Set aside.

Add the green onions to the skillet, reduce heat to low, and stir for about 1 minute. Add Mann's Kohlrabi "Linguine" Noodles and sauce and toss to combine. Remove from heat, add cilantro and peanuts, and garnish with a lime wedge before serving.

Nutrition Facts

Serving Size: 431g | Servings: 2

Amount Per Serving

Calories 310 | Total Fat 14g (sat 2g trans 0g) | Cholesterol 145mg | Sodium 860mg | Total Carbohydrate 28g | Dietary Fiber 9g | Sugars 14g (Includes 0g Added Sugars) | Protein 22g | Vitamin A 160% | Vitamin C 570% | Calcium 15% | Iron 10% |