



# Kohlrabi "Linguine" Pad Thai

## Servings

2

## Calories

310

## Prep Time

20 minutes

## Total Time

35 minutes

## Skill Level

Easy

## Ingredients

- 1 (10 ounce) bag Mann's Kohlrabi "Linguine" Noodles
- 1 tablespoon sesame oil
- 4 mini red peppers, cut into ¼" lengthwise slices
- 1 garlic clove, minced
- 8 ounces raw shrimp, medium-size, deveined, peeled
- 2 stalks green onion, thinly sliced on a bias
- 2 tablespoons cilantro, chopped
- 2 tablespoons peanuts, roasted, chopped
- lime wedges, for garnish
- 2 tablespoons Pad Thai Sauce (recipe below)



## Pad Thai Sauce

- 1 cup tamarind paste
- ¼ cup water
- ¼ cup fish sauce
- 1 tablespoon coconut aminos
- 1 tablespoon rice vinegar
- ⅓ cup raw cane sugar
- red chili flakes, to taste
- salt, to taste



# 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% |