

Pad Thai-Shrimp

This recipe makes about 7 cups



Ingredients

8 oz. flat rice noodles
1 ½ tsp garlic
8 oz. shrimp cut into small pieces
1 bell pepper sliced thin
2 eggs-scrambled
3 green onions
½ cup fresh cilantro
2 limes
for the sauce:
3 tbsp fish sauce
2 tbsp soy sauce or liquid aminos
2 tbsp rice vinegar
1 tbsp sriracha
¼ cup brown sugar
2 tbsp pb2
1 tbsp water
Bean sprouts (optional)

Directions:

1. Dice the onions, bell peppers, and cilantro. Quarter the lime and cut each quarter into 3 thin slices
2. Cut the shrimp into bite-size pieces
3. Cook the rice noodles according to package instructions, then rinse and set aside.
4. In a saucepan, sauté garlic in a small amount of vegetable broth over medium heat.
5. Add shrimp and bell pepper, cooking for a few minutes until shrimp is opaque and peppers are tender.
6. Push the shrimp and peppers to one side of the pan and add the scrambled eggs, allow them to cook.
7. Prepare the sauce by whisking together fish sauce, soy sauce (or liquid aminos), rice vinegar, sriracha, brown sugar, PB2, and water in a bowl until smooth.
8. Combine the cooked noodles with the shrimp mixture, then gradually pour in the sauce, stirring thoroughly to coat everything evenly.
9. Stir in green onions, cilantro, and bean sprouts (if using), mixing well.
10. Add parchment paper to your trays
11. Spread the pad thai evenly onto your trays
12. Add dividers if using. 4 portions work well. Add lime slices on top of each serving (I did 4 slices each)
13. Pre Freeze when possible
14. Freeze dry (my cycle time was 26 hours)
15. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 divider portion or about 1 ¾ cups of freeze-dried pad thai to a bowl with ¾ cup of hot water. Cover for about 5 minutes, stir, and cover again for 4-5 more minutes. Add the lime slices to a bowl of water and allow them to sit until the pad thai is ready to eat. Squeeze lime juice on top. Enjoy

Notes: You can substitute the shrimp for chicken or tofu. Great camping meal

Nutritional Value Per 1 divider portion or about 1 ¾ cups

Calories 450 Carbohydrates 62 g Protein 30 g Fat 10 g Fiber 2 g Sugar 12 g