

low-calorie pad thai

Did Jaime Rose Chambers' Pad Thai catch your eye? Trust us, it tastes as delicious as it looks! Here's the super-easy, super low-calorie recipe, that even the kids will love! #yummmm



prawn pad thai

- ☐ 1 packet Konjac noodles
- ☐ 2 cups mixed vegetables such as carrot, zucchini, cabbage, red capsicum, shallots, bean sprouts
- ☐ 6 large shelled raw prawns
- ☐ extra bean sprouts & fresh coriander for garnish

SAUCE

- ☐ 2 tsp peanut butter
- ☐ 2 tbsp tamari sauce
- ☐ 1 handful of chopped fresh coriander
- ☐ 1 fresh long chilli, finely chopped

Drain, rinse & soak the Konjac noodles well in hot water or per instructions on pack. Stir fry all the vegetables, add in the prawns & stir fry until cooked. Add in sauce ingredients and stir fry for approx 1-2 minutes longer. Serve garnished with extra bean sprouts and coriander.

OPTIONAL: You could also garnish with a few chopped nuts but don't forget to include the extra calories.

188 CAL PER SERVE

SERVES 1

DINNER