

Vegetarian Pad Thai

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-pad-thai-recipe-indian>

Ingredients:

- 6 ounces mung bean noodles
- 3 tablespoons olive oil
- 1 onion large, diced
- 1 head broccoli chopped into small spears
- 1/4 cup water
- 3 cloves garlic
- 1/2 teaspoon sea salt celtic
- 1 tablespoon toasted sesame oil
- 1 tablespoon agave nectar
- 1 tablespoon ume plum vinegar
- 1 tablespoon arrowroot powder
- 1 tablespoon water
- 1/4 cup scallion thinly sliced
- 1 tablespoon cilantro finely chopped
- 1/4 cup peanuts roasted and chopped

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 18 grams
3. Fat: 18 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 350 milligrams
8. Sugar: 5 grams

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