



## SHRIMP PAD THAI

	Ingredients	Exchanges
Protein	35.5 gm shrimp, raw, peeled and deveined	3.7 (+3.7 gm fat)
Fat	15 gm butter	3
	15.7 gm peanut oil	3 (+3.7 gm)
Carbohydrate	1.1 gm scallions, sliced	0.1
	16.8 gm bean sprouts	1
	1.2 gm soy sauce	0.2
Other	Salt, pepper, garlic powder, red pepper flakes 1 Tbsp. Walden Farms® sesame ginger dressing	

*Recipe developed by Chef Paige Vondran*

### DIRECTIONS

- Weigh the ingredients using a gram scale.
- Combine the butter, peanut oil, soy sauce, scallions, and bean sprouts in a sauté pan.
- Season to taste with salt, pepper, garlic powder, and red pepper flakes.
- Simmer ingredients together for 5-10 minutes.
- Add the shrimp; stir to coat in the sauce.
- Cook shrimp for 3-5 minutes until flesh turns pink and slightly firm.
- Stir the Walden Farms sesame ginger dressing into the sauce.
- Transfer to a serving bowl and enjoy.

### VARIATIONS

- Other proteins can be used such as chicken, pork, beef, or scallops.
- Other fats such as sesame oil or Smart Balance® can be used.
- Other carbohydrates can be used such as minced garlic, fresh lime, ginger, and rice noodles.