

# SPICY BEEF PAD THAI WITH ZUCCHINI & CARROT NOODLES

**Prep Time:** 30 mins | **Cook Time:** 15 mins | **Total Time:** 45 mins | **Servings:** 6

## Ingredients:

- 2 medium zucchini, washed
- 2 large carrots, washed & peeled
- 2 red peppers, washed & sliced
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 kg lean beef, sliced into 1/4" thin strips
- 1 cup roasted peanuts
- 200g fresh bean sprouts
- Handful fresh coriander/cilantro (as garnish)
- 1-2 limes, but into wedges (as garnish)
- 2 tsp coconut oil, divided

## *For the Sauce:*

- 2/3 cup reduced-sodium soy sauce
- 1/4 cup fish sauce
- 1/4 cup rice vinegar
- 1 Tbsp Sambal oelek
- 2 Tbsp honey
- Juice of 2 limes
- 1" ginger root, peeled & finely grated
- 1/2 tsp cayenne pepper (omit if you don't want it too spicy)
- 2 Tbsp tapioca flour + 4 Tbsp cold water (mixed)

## Instructions:

1. In a small bowl, combine all the sauce ingredients, adding in the tapioca and water mixture last.
2. Using the spiralizer, create zucchini and carrot noodles.
3. Heat a large wok or frying pan over medium-high heat, and add 1 tsp coconut oil. Add the noodles, and cook for 3-4 minutes.
4. Remove the noodles from the pan, and place into a large bowl with paper towels to absorb the excess liquid. Discard any leftover juices from the pan.
5. Heat another 1 tsp coconut oil over medium-high heat, and add the onion and garlic. Sautee until translucent, and then add the beef. Cook for 3-4 minutes, then add the peppers, peanuts and half of the sauce. Stir-fry for another 3-4 minutes.
6. Add the noodles back into the pan, along with the bean sprouts, and the remaining sauce. Cook for another 2-3 minutes until the noodles are hot and the dish is thoroughly mixed.
7. Serve with fresh coriander/cilantro, lime wedges, and more Sambal oelek if you want extra kick.