

How to make Jamie Oliver's veggie pad thai



You might never need chicken or prawn in a pad thai again, after trying Jamie Oliver's new veggie version. You can knock this together in 30 minutes, too. And to make it vegan, just remove the eggs and serve with extra tofu.

Ingredients (Serves 2)

150g rice noodles
Sesame oil
20g unsalted peanuts
2 cloves of garlic
80g silken tofu
low-salt soy sauce
2tsp tamarind paste
2tsp sweet chilli sauce
2 limes (juiced - plus extra wedges for serving, if you like)
1 shallot
320g crunchy veg, such as asparagus, purple sprouting broccoli, pak choi, baby corn
80g beansprouts
2 large eggs
Olive oil
Dried chilli flakes
Half a cos lettuce
Half a mixed bunch of fresh, basil, mint and coriander (15g)

Method

1. Cook the noodles according to the packet instructions, then drain and refresh under cold running water and toss with one teaspoon of sesame oil.

2. Lightly toast the peanuts in a large non-stick frying pan on a medium heat until golden, then bash in a pestle and mortar until fine, and tip into a bowl.

3. Peel the garlic and bash to a paste with the tofu, add one teaspoon of sesame oil, one tablespoon of soy, the tamarind paste and chilli sauce, then squeeze and muddle in half the lime juice.

4. Peel and finely slice the shallot, then place in the frying pan over a high heat. Trim, prep and slice the crunchy veg, as necessary, then dry-fry for four minutes, or until lightly

charred (to bring out a nutty, slightly smoky flavour).

5. Add the noodles, sauce, beansprouts, and a good splash of water, toss together over the heat for one minute, then divide between serving bowls.

6. Wipe out the pan, crack in the eggs and cook to your liking in a little olive oil, sprinkling with a pinch of chilli flakes.

7. Trim the lettuce, click apart the leaves and place a few in each bowl. Pop the eggs on top, pick over the herbs, and sprinkle with the nuts. Serve with lime wedges for squeezing over, and extra soy, to taste

● Veg by Jamie Oliver, photography by David Loftus and Paul Stuart, is published by Penguin Random House, priced £26.

