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Easy Pad Thai Recipe (Chicken, Shrimp or Tofu)

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Author: [Sylvia Fountaine](#) | [Feasting at Home Blog](#) Prep Time: 15 mins

Cook Time: 15 mins Total Time: 30 minutes Yield: 2 Category: Main Method: stir-fried Cuisine: Thai

Description

An easy recipe for Pad Thai with simple accessible ingredients with the most amazing flavor! The best part ... once you have your ingredients prepped it only takes 15 minutes of actual cooking time! See recipe notes for tips and tricks! Read the directions all the way through before starting.

Ingredients

- 1 4 ounces dry pad thai noodles ([rice noodles](#))
- 2 Boiling water to cover noodles
- 3 1 large shallot, finely diced (much better than onion here)
- 4 4 chopped garlic cloves
- 5 1 teaspoon chopped ginger (optional)
- 6 2 eggs, whisked with a fork with a generous 3-finger pinch [salt](#) (if vegan, leave it out)
- 7 6–8 ounces tofu, chicken breast or peeled prawns
- 8 [salt](#) and pepper to taste
- 9 2 tablespoons [peanut oil](#), [wok oil](#) or [coconut oil](#)
- 10 1 lime

Pad Thai Sauce:

- 1 3 tablespoons [fish sauce](#) (see notes- or use [vegan fish sauce](#))
- 2 3 tablespoons **brown** [sugar](#) (or [coconut sugar](#), palm [sugar](#) or regular [sugar](#)) see notes
- 3 3 tablespoons of [rice wine vinegar](#) (or **tamarind water**- see notes)
- 4 1 teaspoon [soy sauce](#) (or GF [liquid aminos](#) like Braggs)

Garnish:

- 1 lime wedges, fresh bean sprouts, chili flakes, chopped scallions, [roasted peanuts](#).

Instructions

- 1 **COOK NOODLES:** Cook noodles according to package instructions (or place [rice noodles](#) in a shallow bowl or [baking dish](#) and boil enough water to cover them. Cover with boiling water for 7- 8 minutes, until tender, then drain. They don't have to be totally soft, just bendy and pliable)
- 2 **Chop** shallot, garlic and ginger and set aside.
- 3 **Whisk** the two eggs in a bowl with a fork and add a generous, 3-finger pinch of [salt](#). Set aside.
- 4 **Make the Pad Thai Sauce** Whisk [fish sauce](#), [rice vinegar](#), **brown** [sugar](#) and [soy sauce](#). (see notes) in a small bowl. Set aside.
- 5 **Prep and Cook the protein: Chicken:** slice chicken into very thin strips and season with [salt](#) and pepper. **Crispy Tofu:** Blot tofu with paper towels pressing down firmly. Cut tofu into $\frac{3}{4}$ inch cubes, sprinkle with [salt](#) and pepper, and for extra crispy, dredge in a little corn starch. **Shrimp:** Peel and season with [salt](#) and pepper. **COOK:** Sear the seasoned chicken, shrimp or tofu in [a wok](#) with hot oil until cooked through over medium-high heat. **Set aside, on top of a paper towel, wipe out the pan. Turn heat off.**
- 6 **STIR FRY the PAD THAI:** Gather your **chopped shallots**, whisked **eggs**, cooked **noodles**, cooked **protein** and **Pad Thai sauce** around the stove. Heat 2 tablespoons [peanut oil](#) in the wok over medium heat, add

shallot-garlic-ginger and stir, cooking just a few minutes until golden and fragrant.

- 7 Make a well in the center of the wok, scooting the shallot mixture to the side of the pan, **add the whisked eggs**. With a [metal spatula](#), scramble them and break them apart into little bits, letting them brown just a little, and incorporate them into the shallots continuing to break them into small bits.
- 8 Add the drained, semi-soft **noodles** and toss with the egg mixture, stirring, flipping, **frying** constantly for 3-4 minutes until noodles become soft and pliable.
- 9 **Add the Pad Thai Sauce** and cook 1 minute. It will smell quite fishy at first – turn your fan on – but it will mellow out perfectly. Add the cooked chicken, tofu or shrimp and turn and toss the noodles for a few more minutes. **Cook until the noodles are soft** (but still a little chewy) adding just a little water if it seems too dry.
- 10 **Toss in the bean sprouts** and [roasted peanuts](#) (or serve on the side) and sprinkle with chili flakes and scallions. **Squeeze with a little lime juice**. Taste. **Adjust [salt](#), lime and sweetness to your liking adding a pinch of [salt](#), more lime or more a pinch more [sugar](#) to taste**. Give one more toss and serve immediately. Divide among two plates.
- 11 **Garnish** with more bean sprouts, fresh scallions, cilantro or basil, chili flakes, lime wedges and roasted crushed [peanuts](#). Or make this [Peanut Chili Crunch!](#)

Notes

- i **DO NOT BE tempted to cut out the [sugar](#)** – understand that Pad Thai Sauce is a very delicate balance between sweet ([sugar](#)), [salt](#) ([fish sauce](#)) and acid (vinegar or tamarind) . I've already lowered the [sugar](#) as much as I could while preserving the balance. That being said, if you are intent on cutting the [sugar](#) back, cut back the on the vinegar and [fish sauce](#) as well. 😊 ***Leaving the [sugar](#) or [honey](#) out will result in terrible Pad THAI! Also the same with leaving out the [fish sauce](#) (or [vegan fish sauce](#)) or leaving out the acid.**

Fish sauce: If you are not accustomed to [fish sauce](#), or are using a brand you haven't tried before (some are fishier than others) **feel free to go a little lighter on the fish sauce.** It is an acquired taste. If going less, you will need to add a little more [salt](#) to taste.

DOUBLING: Doubling the recipe will double the time and be much harder to manage all at once, in one wok. **If doubling, I highly recommend cooking in two batches in the wok.**

Use time-saving ingredients like store-bought peeled garlic (or minced garlic) and [ginger paste](#) in a tube. Using pre-cooked chicken is fastest -leftover rotisserie chicken is perfect. Also you could make the Pad Thai sauce ahead!

Tips for health: An easy way to cut back on the oil in the recipe is to poach the thinly sliced chicken in a little salted water (just enough to barely cover) and poach in the pan or wok for just a few minutes. Drain and set aside. The thinner you slice the chicken the faster it will cook.

TIPS for flavor:

[Peanut Oil](#) and **chili flakes** really really elevate this dish!

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Tamarind: If using tamarind (instead of [rice vinegar](#)) make tamarind

2.

“water” by mixing 1 -2 teaspoons [tamarind paste](#) with 2 tablespoons water. Or use 1-2 teaspoons tamarind “concentrate” with 2 tablespoons water. *Use this in place of the vinegar.* This is more traditional but I realize not everyone has access to tamarind. Tamarind is extremely sour so if unfamiliar, go light. You can always add more.

TEXTURE IS KEY! Everything from *frying* the noodles to adding the bean

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sprouts and [roasted peanuts](#) elevates this.

Nutrition Facts

Serving Size (with chicken breast)

Serves 2

Amount Per Serving

Calories 588

% Daily Value*

Total Fat 21.4g **27%**

Saturated Fat 3.2g

Polyunsaturated Fat 5.4g

Monounsaturated Fat 11.4g **0%**

Cholesterol 248.1mg **83%**

Sodium 1063.3mg **46%**

Total Carbohydrate 65.3g **24%**

Dietary Fiber 1.2g **4%**

Sugars 16.9g

Protein 30.1g **60%**

Vitamin A 10% Vitamin C 2%

Calcium 5% Iron 10%

Vitamin D 10% Magnesium 14%

Potassium 13% Zinc 16%

Keywords: Pad Thai, best pad thai, pad thai recipe, best pad Thai recipe, vegan pad Thai pad, easy pad thai, authentic pad thai, chicken pad thai, pad thai recipe with tofu, vegan pad thai recipe, vegetarian pad thai recipe



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