

Peanut and (purple sprouting) broccoli pad thai



Prep 10 mins, Cook 20 mins, Serves 4

For the pad thai sauce

- 6 tbsps crunchy peanut butter
- 2 tbsps tamarind paste
- 3 tbsps brown rice syrup (*I substituted maple syrup*)
- 4 tbsps soy sauce
- 3 tbsps fresh lime juice (*or lemon juice*)

For the tofu and broccoli

- 450g purple sprouting broccoli
- 3 garlic cloves – peeled and minced
- 1.5 cm piece fresh ginger – peeled and grated
- 2 birds eye chillies – finely chopped (*or dried chilli to taste*)
- 225g firm tofu – drained and cut into small cubes
- 250g rice noodles (*or any other noodles*)
- Rapeseed oil
- 6 spring onions – finely chopped
- Handful of sesame seeds
- Sesame oil (for drizzling)
- Handful of basil leaves – shredded (*optional*)
- Handful of mint leaves – shredded

First, make the sauce by putting the peanut butter, tamarind paste and syrup in a bowl, then slowly mixing in the soy, lime (or lemon) juice and 4 tablespoons of water.

Top and tail the broccoli and put the florets in a bowl. Chop the stalks and leaves into 1 cm pieces. Put the garlic, ginger, chilli and tofu in little piles within easy reach of the hob.

Cook the noodles according to packet instructions, drain then drizzle with rapeseed oil and toss gently.

In a large non-stick lidded frying pan, heat 2 tablespoons of rapeseed oil on a medium heat, then fry the tofu for 5 minutes, turning every minute until its pale gold. Add the ginger, garlic and chilli and cook for 2 minutes, then add the broccoli stalks and 4 tablespoons water, cover the pan and leave to steam for 2 minutes until the broccoli is tender. Add the broccoli heads, sauce and spring onions (reserve a handful for garnish). Stir to combine, cover again and leave for 2 minutes.

Turn down the heat to a whisper, add the noodles carefully gently mixing them in until coated in sauce, then turn off the heat. Distribute the mix between 4 plates and sprinkle over the sesame seeds, spring onions (or chives). Drizzle with sesame oil and scatter over the herbs. Enjoy!