



PAD THAI ZUCCHINI NOODLE + QUINOA SALAD

A lightened up takeout favorite! Zucchini noodles, crisp veggies, quinoa and a creamy peanut sauce come together for a fresh, flavourful and nutritious meal.



LIGHT & NUTRITIOUS
PLANT BASED
FULL OF FLAVOUR



SERVES
2



PREP TIME
10 MIN



TOTAL TIME
10 MIN



CALORIES
337 KCAL

INGREDIENTS

- 1 medium zucchini
- 1 cup shredded cabbage
- 1 cup sliced red bell pepper
- 2 scallions, thinly sliced
- 1/4 cup chopped cilantro
- 1/2 cup cooked quinoa
- 1/4 cup dry roasted peanuts

SAUCE

- 2 tbsp creamy peanut butter (or almond butter)
- Juice of 2 limes
- 2 tsp gluten-free tamari
- 1 tsp sriracha sauce
- 1/2 tsp ground ginger
- Water as needed to thin

STEP-BY-STEP

1



Spiralize zucchini into noodles and place in a large bowl.

2



Add cabbage, pepper, scallions, cilantro, quinoa and peanuts.

3



In a small bowl, whisk together sauce ingredients. Add water, 1 tbsp at a time, until creamy and pourable.

4



Pour sauce over salad and toss to coat. Divide between two bowls and garnish with extra peanuts and cilantro. Enjoy!

NUTRITION FACTS

Per serving (approx.)

Calories	337
Protein	14 g
Fat	19 g
Saturated Fat	3 g
Carbohydrates	35 g
Fiber	9 g
Sugars	10 g
Sodium	478 mg
Potassium	880 mg

*Nutrition will vary slightly if toppings are added.

CHEF'S TIP

Use a spiralizer for the zucchini or thinly ribbon with a vegetable peeler for noodles.

SERVING SUGGESTION

Add grilled shrimp or avocado for extra protein.



REAL INGREDIENTS
REAL FLAVOUR



MADE WITH LOVE
MADE TO ENJOY



SIMPLE RECIPE
BEAUTIFUL RESULTS