



Kid's Pad See Ew

By Erin Fletter

Prep Time 20 / **Cook Time** 11 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

drain: to pour excess liquid from food into a container if reserving the liquid, or into the sink or trash if not saving it.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

scramble: to stir or beat eggs, blending the whites and yolks together, before cooking the eggs or dipping meat or vegetables into them so flour and breadcrumbs stick better when breading and frying.

soak: to immerse a hard food for a certain amount of time in a liquid to soften it.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- ☐ Large bowl or pot to soak noodles
- ☐ Large nonstick skillet
- ☐ Colander or strainer
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Small bowl
- ☐ Heat-resistant spatula

☐ Medium bowl or plate

☐ Wooden spoon

Ingredients

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☐ 1 14-oz pkg Thai wide rice noodles

☐ hot water to soak noodles

☐ 3 to 4 C fresh broccoli

☐ 4 garlic cloves

☐ 1/2 lb firm tofu ******(Omit for SOY ALLERGY)******

☐ 4 T vegetable oil ******, divided

☐ 6 T soy sauce ******(for GLUTEN/SOY ALLERGY sub 6 T coconut aminos)******

☐ 5 T brown sugar

☐ 1 T vinegar (your choice, but rice wine vinegar works best!)

☐ 3 large eggs, room temperature ******(Omit for EGG ALLERGY)******

☐ 1 big handful fresh cilantro

Food Allergen Substitutions

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Soy: Omit tofu. For 6 T soy sauce, substitute 6 T coconut aminos. Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

Gluten/Wheat: For 6 T soy sauce, substitute 6 T coconut aminos.

Egg: Omit eggs.

Instructions

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soak + drain

Soak **1 package of dried rice noodles** in a large bowl in hot water for 5 to 15 minutes, or according to package instructions, to soften up the noodles. Drain the noodles and set them to the side.

edible education

Rice noodles are made primarily from rice flour and water. Tapioca starch is added to improve the noodles' transparency and chewiness. Rice noodles are most commonly used in East Asian and Southeast Asian cuisines. They can be purchased fresh, frozen, or dried, in a variety of shapes and thicknesses. In Chinese culture, the noodle is a symbol of long life. For that reason, noodles are traditionally served on birthdays and the Chinese New Year as an emblem of longevity.

wash + chop

Have your kids wash **3 to 4 cups of fresh broccoli** and chop it into little pieces. Then have them chop **4 garlic cloves** into tiny, tiny bits.

slice + dice

Slice and then dice **1/2 pound of firm tofu**. While chopping and dicing, count to 10 in Thai: 1 nùeng (noong), 2 sǎawng (sawng), 3 sǎam (sawm), 4 sìi (seee), 5 hâa (haah), 6 hòk (hoh), 7 jèt (dehd), 8 bpàaet (baad), 9 gâao (gow), 10 sǐp (seeb).

measure + whisk

Into a small bowl, have kids measure and add **6 tablespoons soy sauce, 5 tablespoons brown sugar**, and **1 tablespoon vinegar** to make homemade "see ew dum" sauce and whisk together with **2 tablespoons of vegetable oil**. Set the sauce to the side.

crack + whisk

Have kids crack **3 eggs** into a small bowl, whisk the eggs, and set them to the side.

sauté + scramble

Adults, in a large nonstick skillet, heat **2 tablespoons of vegetable oil** over medium-high heat. Add the **chopped garlic** and sauté, stirring constantly, until fragrant, about 30 seconds. Add the **beaten eggs** and **diced tofu** and cook, scraping the skillet with a spatula until the eggs are almost set, about 30 seconds. Transfer the egg and tofu mixture to a bowl or plate.

cook + toss

Carefully pour the sauce into the hot skillet and add the **chopped broccoli**. Stir and cook the sauce and broccoli for about 5 minutes or just until the broccoli becomes tender. Add the cooked eggs and tofu back to the skillet and toss together, gently breaking up the egg and tofu. Add the rice noodles to heat up with the broccoli and sauce, and then toss everything together.

tear + serve

While you are cooking the pad see ew, have kids tear up **1 big handful of fresh cilantro** with their clean fingers. Serve the noodles topped with the cilantro leaves. Have a taste and say, "Aroy dee" or "It's delicious" in Thai!

Featured Ingredient: Broccoli!

Hi! I'm Broccoli!

"Hello! Did you know that cabbage and cauliflower are my cousins? I resemble a small tree with a green trunk and branches topped with blueish-green flower buds—my crown!"

History & Etymology

Broccoli first came from the eastern Mediterranean and Asia Minor and spread to Italy in the 16th century. Broccoli was once known as Italian asparagus.

Broccoli is a member of the Brassica oleracea family, an important group of vegetables that can help reduce cancer risk.

China and India produce the most broccoli in the world. Over 90 percent of the broccoli crop in the United States is from California, where it is grown year-round.

The word "broccoli" is Italian, the plural form of "broccolo," from "brocco," (a shoot, arm, or branch), from the Latin "broccus," (projecting).

Anatomy

The main broccoli crown or head and the group of flower buds on the side shoots are harvested when the flower buds are closed and compact with no yellowing buds or flowers. Heads are removed with about 4 to 6 inches of stem attached. When the main head is cut, new shoots with smaller heads form, so a single plant will keep producing for many weeks.

It is essential to cool down broccoli as soon as possible after harvest; otherwise, small yellow flower heads will develop rapidly, which are bitter. Often you may see boxes of broccoli arriving at the greengrocers covered in ice to prevent further maturing.

How to Pick, Buy & Eat

To pick the best broccoli, select fresh, bright-green heads with compact clusters of tightly closed flowerets. Stalks and stem leaves should be tender yet firm. Avoid any with yellowing flowerets and thick, woody stems.

Keep broccoli dry and store it in a vented plastic bag in the refrigerator for up to 5 days.

Broccoli can be boiled, steamed, grilled, and roasted. It is added to green salads, either raw or cooked, and included in soups, stir-fries, fried rice, and pasta dishes. It is also a tasty and healthy vegetable to pair with every type of meat and fish.

Nutrition

Don't underestimate the power of broccoli! It became famous when researchers found it contained a compound called sulforaphane, which can function as an anticancer agent.

Just one serving has two days' supply of vitamin C (don't overcook, or you'll lose some). It is also a good source of dietary fiber and provides potassium, vitamin E, folate, and beta-carotene.