



Colorful Thai "Rad Na" Noodles + Five-Minute Marinated Tofu + Green Tea Thai Ice Milk

By Dylan Sabuco

Prep Time 25 / Cook Time 17 / Serves 4 - 6

Shopping List

FRESH OR FROZEN

2 C fresh or frozen broccoli

2 garlic cloves (or 1/2 tsp garlic powder)

DAIRY

3 C milk **** (see allergy subs below) ****

PANTRY

2 C vegetable broth OR 1 vegetable bouillon cube + 2 C water **** (see allergy subs below) ****

1 8-oz (or 1/2 16-oz) pkg wide rice noodles (any type of rice noodle will work)

1/2 C granulated sugar

3 1/2 T cornstarch

1 1/2 tsp ground black pepper

1 tsp vegetable oil ******

1 block extra firm tofu **** (see allergy subs below) ****

1/2 C soy sauce **** (see allergy subs below) ****

1 T sesame oil **** (see allergy subs below) ****

2 decaf green tea bags

HAVE ON HAND

- 2 1/2 C water
- 1 C ice, optional

Fun-Da-Mentals Kitchen Skills

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

marinate: to soak food in a seasoned liquid to add flavor and tenderize it before cooking.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- Skillet
- Large mixing bowl
- Liquid measuring cup
- Measuring spoons
- Wooden spoon
- Cutting board
- Kid-safe knife

- Heat-resistant spatula
- Pitcher
- Dry measuring cups
- Large pot
- Tongs

Ingredients

Colorful Thai "Rad Na" Noodles

- 2 C vegetable broth OR 1 vegetable bouillon cube + 2 C water ******(check label for possible allergens, like gluten, soy, or nightshade—more info below)******
- 1 8-oz (or 1/2 16-oz) pkg wide rice noodles (any type of rice noodle will work)
- 2 T soy sauce ******(for GLUTEN/SOY ALLERGY sub coconut aminos)******
- 1 1/2 tsp granulated sugar
- 2 T cornstarch + 1 tsp (with 2 tsp water) if needed to thicken gravy
- 1 tsp black pepper
- 2 C fresh or frozen broccoli
- 2 garlic cloves (or 1/2 tsp garlic powder)
- 1/4 C water + 2 tsp (with 1 tsp cornstarch) if needed to thicken gravy
- 1 tsp vegetable oil ******

Five-Minute Marinated Tofu Marvel

- 1 block extra firm tofu ******(for SOY ALLERGY sub 1 1/2 C mushrooms)******
- 1/4 C soy sauce ******(for GLUTEN/SOY ALLERGY sub coconut aminos)******
- 1 T granulated sugar
- 1 T cornstarch
- 1/2 tsp ground black pepper
- 1 T sesame oil ******(for SESAME ALLERGY sub 1 tsp ginger + 1 T vegetable oil)******

Green Tea Thai Ice Milk

- 2 decaf green tea bags
- 2 C water

3 C milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******

1/4 C granulated sugar

1 C ice, optional

Food Allergen Substitutions

Colorful Thai "Rad Na" Noodles

Gluten/Wheat: Substitute coconut aminos for soy sauce.

Soy: Substitute coconut aminos for soy sauce. Substitute canola oil or other nut-free oil for vegetable oil.

Gluten/Soy/Nightshade: Check vegetable broth or bouillon label for possible allergens, like gluten, soy, or nightshade, and use water only if necessary.

Five-Minute Marinated Tofu Marvel

Soy: For 1 block extra firm tofu, substitute 1 1/2 C mushrooms. Substitute coconut aminos for soy sauce.

Gluten/Wheat: Substitute coconut aminos for soy sauce.

Sesame: For 1 T sesame oil, substitute 1 tsp ginger + 1 T vegetable oil.

Green Tea Thai Ice Milk

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Colorful Thai "Rad Na" Noodles

intro

"Sawasdee" (sah-wah-DEE) or "Hello" in the Thai language! "Rad na" (Raad nah) is a very simple Thai noodle dish usually consisting of marinated pork combined with a flavorful soy sauce gravy. This rendition will follow the traditional recipe but replace the pork with tofu and vegetables. After trying this recipe, experiment with the wide world of flavors that people in Thailand use. We will skip the spicy chili powder and oil garnishes today, but they can add an amazing and unique flavor. I hope you enjoy this tasty and simple one-pot meal.

boil + pour

Bring **2 cups vegetable broth** to a boil in a large pot. Once boiling, pour in **8 ounces of wide rice noodles**. Cook for 5 minutes. Then, remove the noodles from the pot and put in a large bowl to reserve for later, keeping the broth on a low heat.

chop + measure

Roughly chop **2 garlic cloves** and **2 cups broccoli**. Large pieces are fine. Place the chopped garlic and broccoli in the bowl with the noodles. Measure and add **2 tablespoons soy sauce, 1 1/2 teaspoons sugar, 2 tablespoons cornstarch, 1 teaspoon black pepper, 1/4 cup water,** and **1 teaspoon vegetable oil** to the bowl. Stir to combine.

stir + simmer

Pour the noodles, cornstarch mixture, and vegetables into the pot. Stir gently to combine. Bring the mixture to a boil for 5 minutes over medium heat. The broth should thicken into a gravy that nicely coats the noodles. If the sauce is too thick, add water. If the sauce is too thin, add 1 teaspoon of cornstarch mixed with 2 teaspoons of water.

scrumptious science

In the above step, you will use the gelling power of cornstarch. Cornstarch is a powder derived from the cellulose present in all plant cells. In its natural form, cellulose is like microscopic gelatin. It protects plant cells by cushioning them and filling in all the empty spaces in a cell. In this recipe, we use a powder version with all the liquid removed. When we add this dry cornstarch to a wet mixture, the cornstarch will absorb the liquid, and the cellulose will start to thicken the sauce into a gravy.

serve

Once the sauce is nice and thick, serve the "rad na"! This tasty dish will be sure to warm your guest's bellies. Enjoy! Try saying "X̀xy māk" (ah-roy maa) or "Very delicious" in Thai!

Five-Minute Marinated Tofu Marvel

measure + marinade

In a large bowl, measure and combine **1/4 cup soy sauce, 1 tablespoon sugar, 1 tablespoon cornstarch, 1/2 teaspoon black pepper,** and **1 tablespoon sesame oil**. Then, open **1 package of tofu** and drain all the water. Place the block of tofu in the large bowl with the soy sauce mixture. Toss the tofu around a few times in the mixture to get it fully coated. Marinate for 5 minutes, flipping the tofu once halfway through.

slice + sauté

Remove the tofu from the bowl and place it on a large cutting board. Slice the tofu into large rectangular pieces or triangular pieces. Heat the skillet to medium and place the sliced tofu in the pan. The tofu may stick at first, and that's okay. Cook for 5 minutes on the first side, or until the tofu is no longer sticking to the pan. The natural process of cooking the tofu without any stirring will unstick it from the pan.

stir + serve

Stir and flip the tofu in the pan and cook for another 2 to 3 minutes on the other side. Remove the tofu from the pan and reserve to serve along with **Colorful Thai “Rad Na” Noodles!**

Green Tea Thai Ice Milk

measure + steep

Measure **2 cups of water** in a pitcher. Then, add **2 decaf green tea bags** to the water and steep for 10 minutes in the warmest or sunniest spot in your kitchen.

measure + pour

After 10 minutes, remove the tea bags and discard. Then, measure **1/4 cup sugar** and **3 cups milk** and pour them into the pitcher of green tea. Stir a few times to combine before pouring. If you want extra cold tea, pour the drink over ice.

Featured Ingredient: Rice Noodles!

Hi! We're Rice Noodles!

"Like our name sounds, we're made from rice! Rice flour and water, to be exact. We originally came from China over 2,000 years ago! One shorter variety of Chinese rice noodles has some fun names: "silver needle noodles" are also called "rat noodles," "mouse-tail noodles," or "runny nose vermicelli."

During the Qin Dynasty, Northern Chinese people grew wheat and millet where it was colder, and they ate noodles made with those grains. When invaders from the North invaded Southern China, they began to make their noodles out of rice, which was grown in the hotter southern region of the country. Eventually, rice noodles were shared with other parts of the world and have become very popular in Southeast Asian cuisine.

In Chinese culture, the noodle is a symbol of long life. For that reason, noodles are traditionally served on birthdays and Chinese New Year as an emblem of longevity.

Some varieties of rice noodles include tapioca starch or cornstarch, which can make the noodles more transparent and chewy.

Rice noodles may be thick or thin, round or flat, long or short, but they can be found in many Asian dishes you might know, like "pad Thai" (stir-fry noodle dish from Thailand) and "phở" (Vietnamese noodle soup). Rice noodles are gluten-free, so they are a good substitute for wheat noodles for those with celiac disease, gluten sensitivity, or wheat allergy.

The amount of calories in a serving of rice noodles is similar to a serving of white rice, and both are low in fiber. In addition, they are naturally low in salt, but putting too much soy sauce on them can add extra, unhealthy amounts of sodium.