

Authentic Thai Shrimp & Tofu Pad Thai

Prep: 20m

Cook: 10m

Total: 30m

2 servings



COOKING SEQUENCE & CHECKPOINTS

- 1

Tamarind Sauce Base

5 min

Simmer tamarind paste, fish sauce, and palm sugar until melted into an amber syrup.
✓ Checkpoint: Glossy balanced sweet-sour-salty syrup.
- 2

Sear Tofu & Shrimp

3 min

Sear tofu cubes and shrimp in 1.5 tbsp hot vegetable oil inside the wok for 2 minutes until tofu is golden and shrimp turn pink and opaque (145°F / 63°C). Transfer to a plate and set aside.
✓ Checkpoint: Golden crispy tofu and pink shrimp.
- 3

Noodles & Egg Scramble

4 min

Add remaining 1.5 tbsp oil, drop in drained noodles and all of the tamarind sauce, and toss for 2 minutes. Push noodles aside, scramble beaten eggs into ribbons, and fold together.
✓ Checkpoint: Springy sauce-coated noodles.
- 4

Return Shrimp & Tofu with Sprouts & Peanuts

2 min

Return the seared shrimp and crispy tofu from Step 2 back into the wok along with the bean sprouts, Chinese chives, and crushed peanuts; toss over high heat for 1 minute until heated through. Serve immediately with fresh lime wedges.
✓ Checkpoint: Steaming aromatic Pad Thai with shrimp, tofu, and crisp greens.

MISE EN PLACE / INGREDIENTS [12]

- ☐ 7 oz (200g) Medium flat rice sticks, soaked (A Taste of Thai)

☐ 10 pieces Raw peeled shrimp
- ☐ 3.5 oz (100g) Extra-firm yellow or pressed tofu, cubed

☐ 3 tbsp Pure tamarind concentrate (Swad)
- ☐ 2.5 tbsp Thai fish sauce (Nam Pla) (Three Crabs)

☐ 2.5 tbsp Crushed palm sugar or brown sugar
- ☐ 1 cup Fresh mung bean sprouts

☐ 3 tbsp Roasted crushed peanuts
- ☐ 2 whole Eggs, lightly beaten

☐ 3 tbsp Neutral vegetable oil, divided
- ☐ 1 cup Chinese chives or scallions, cut into 2-inch batons

☐ 1 whole Fresh lime, cut into wedges

US SUPERMARKET BRAND GUIDE

Tamarind Paste: Swad Tamarind Concentrate
Pristine sour fruit tang essential for authentic Pad Thai. • 📍 Asian or international food aisle.

Fish Sauce: Three Crabs Brand Fish Sauce
Balanced, savory fermentation without harsh salinity. • 📍 Asian food aisle.

🛡️ FOOD SAFETY & INTERNAL TEMPERATURE: 145°F (63°C) FDA/USDA SAFE MINIMUM INTERNAL TEMPERATURE FOR FINFISH AND SHELLFISH

FDA/USDA Shellfish & Seafood Safety Standard (≥145°F / 63°C): Cook shrimp, squid, and shellfish until they reach an internal temperature of at least 145°F (63°C) and turn opaque.

MASTER DONENESS CHECKPOINT:
Translucent, bouncy rice noodles cloaked in sweet-sour-savory sauce with wok hei aroma and zero clumping.

WHY IT WORKS:
Cold Water Soak vs Boiling: Soaking dry rice noodles in lukewarm water for 20 minutes during prep hydrates the starch without gelatinizing it, allowing the noodles to finish cooking in the wok sauce without clumping.

TROUBLESHOOTING:
Noodles clump into a ball: Splash in 2 tbsp water or sauce while tossing vigorously over high heat.