

PAH TAHI



INGREDIENTS:

- 12 oz protein of choice
- 2 medium daikon radish (spiralize = 3 cups)
- 1 zucchini
- 3 oz baby carrots
- 3 green onion
- 1 cup sliced mushrooms
- 1 cup bean sprouts

Peanut Sauce:

- 1/4 cup peanut butter
- 2 tbsp low sodium soy sauce
- 2 tbsp honey
- 2 tbsp lime juice
- 2 tbsp water

DIRECTIONS:

1. Mix all peanut sauce ingredients, set aside
 2. Cook protein per preference, set aside
 3. Spiralize daikon radish (should make ~3 cups) and zucchini. Set aside
 4. Chop the green onion (white portion), mushrooms, and baby carrots
 5. Heat a pan on medium heat, lightly spray with cooking oil
 6. Add green onions, mushrooms, and carrots to the hot pan, cook for ~5 minutes.
 7. Add the daikon radish, bean sprouts, and zucchini to the pan, mix. Cook until the radish softens (~5 minutes)
 8. Split radish mixture and peanut sauce into 4 equal servings. Top with 3 oz protein of choice. Optional: top with uncooked green portion of the green onion
- Enjoy!

Makes 4 Servings | 1 Serving =
Calories: 275 | Protein: 26 g | Carbs: 23 g | Fat: 10 g | Fiber: 4 g