Special holiday pasta dinner with an Asian flair, and gluten free

Pad Thai with seared Tuna steak

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Cook Time: 10 min (Prep time: 35 min; Total time: 45 min)
Level: Easy
Yield: 4 servings

Ingredients in order of use

7- 8 ounces medium rice stick noodles

1 egg, beaten with 1 teaspoon milk plus salt, to taste

Pad Thai sauce:
1/4 cup fish sauce or one tablespoon miso paste dissolved in ¼ cup warm water (both ingredients have a fair amount of sodium so no additional salt is used in the recipe)
1/4 cup rice wine vinegar (can use red-wine or white vinegar)
3 tablespoons palm sugar or dark brown sugar
1 tablespoon peanut butter
1/2 teaspoon crushed red pepper flakes
1/2 cup coconut milk, or vegetable or chicken broth
2 tablespoons tamarind concentrate, optional

1 tablespoon toasted sesame oil
3 tablespoons canola oil
1 cup chopped broccoli
1 cup red or green bell pepper sliced in strips
1/2 cup sliced yellow onion
1/2 cup sliced mushrooms
1 cup mung bean sprouts
2 tablespoons minced garlic

1/2 cup roasted, unsalted peanuts, roughly chopped
1/2 cup diagonally sliced green onions

2 tablespoons fresh lime juice
1/4 cup chopped cilantro or parsley leaves, optional
Sriracha (Thai hot sauce), for serving

Place noodles in a large bowl and cover with boiling water or very hot tap water. Allow noodles to soak for 15-20 minutes until hydrated. Do not over soak. Drain well and set aside.

In a small skillet, heat 1 tablespoon butter. Cook the scrambled egg and milk mixture to a medium consistency. Season with salt. Place in a plate and allow to cool. Chop coarsely and set aside until needed.

In a small bowl, combine fish sauce, vinegar, sugar, red pepper flakes, coconut milk or broth, and if desired, the tamarind concentrate; stirring until the sugar is dissolved.

Heat the sesame and canola oils in a wok or large skillet over medium-high heat. Just before the oil is smoking, add the broccoli, red or green bell pepper, and onions and sauté for three minutes. Add the mushrooms, half of the bean sprouts, garlic, and reserved noodles, and cook until heated through, about 2 minutes.

Pour the sauce mixture into the pan and toss until combined. Cook until the mixture is steaming and the sauce has thickened. If you want more sauce, add more coconut milk, broth or water. You will want a little extra sauce for the top of the tuna steaks. Add scrambled egg, peanuts and green onions and cook an additional 30 seconds.

Remove the pan from the heat and season with lime juice and cilantro. Top with the remaining bean sprouts and serve hot with Sriracha, if desired. A wedge of lime on the side is also nice.

Tuna Steaks

4 (5-ounce) fresh tuna steaks
Salt and coarsely ground black pepper
1/4 cup olive oil
2 tablespoons sesame seeds

Coat a stove-top grill pan, griddle or skillet with cooking spray and preheat to medium-high. Season the tuna steaks all over with salt and black pepper. Brush olive oil all over both sides of tuna steaks. Press sesame seeds into both sides of tuna steaks. Grill 3 minutes per side for rare, 4 minutes per side for medium or longer for fully cooked, fork-tender fish.

Note: The linked ingredients above can all be found at many grocery stores like Albertsons, Safeway, and others. Links are included to show you what to look for. The linked ingredients also store in the refrigerator for long periods of time. If you haven’t used them, don’t be afraid to try them. They will transform your ordinary recipes to delicious Asian recipes.

You could add 1/2 cup diced, firm tofu to the Pad Thai with the broccoli, peppers and onions.