

Peanut Noodles

Prep Time 15-ish min

Cook Time 20-ish min

Makes 4-ish servings

½ cup green onion, chopped

1 cup finely shredded carrot

2 cups stir fry vegetables

3 T minced or crushed fresh garlic

1 T fresh ginger

For Sauce:

¼ cup peanut butter

¼ cup honey (or maple syrup)

¼ cup tamari or soy sauce

3 T rice or apple cider vinegar

¼ tsp cayenne pepper or red pepper flakes

2+ T sesame oil (or sesame seeds and olive or canola oil)

12 oz pasta (soba noodles, etc.)

Fresh minced herbs for garnish:
parsley, basil, mint, etc.

Cook pasta (or rice, potatoes, barley, etc.), drain, and set aside.

Shred carrots with a hand grater or shredder attachment on a food processor.

Chop stir fry vegetables into desired sizes. Try onions, celery, broccoli, pea pods and/or green beans, zucchini, radishes, chinese cabbage, bok choy, mushrooms, etc. Experiment!

Crush or mince fresh garlic and ginger. Or try a microplane for quick, easy grating. ([This is the one I use.](#))

Saute vegetables, garlic, and ginger in oil until nearly tender. Meanwhile, mix sauce ingredients.

Add sauce to vegetables and mix thoroughly. Heat over medium-low heat until thickened and vegetables are nicely coated and saucy. Scoop over pasta, rice, potatoes, etc.

Devour and enjoy!

NOTES:

- 1) We like to make twice as much sauce as listed here, so if you decide to up the amount of sauce as well, feel free! Use equal amounts peanut butter, sweetener, and tamari for the base.
- 2) If you don't have sesame oil, try this:
Place 1-2 T sesame seeds in a dry skillet and heat over medium heat—shaking or stirring regularly to prevent burning—until lightly brown, toasted and aromatic. If seeds start popping, remove from heat. Then add a few tablespoons of olive, grapeseed, or canola oil to the pan and heat on low heat for a few minutes to infuse the flavor into the oil. Use this oil for sauteing the stir fry vegetables. Leave the sesame seeds in the mix for some extra flavor, fiber, and tasty nutrients!